



DIABETES GARAGE

SELF-MANAGEMENT FOR MEN



Pan American Library Branch
1122 W Pyron Ave
San Antonio 78221

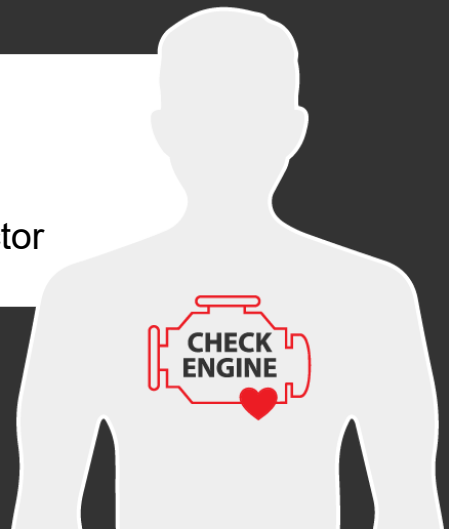
Tuesdays
April 8, 2025
5:30PM-7:30PM

The Diabetes Garage is a four-week workshop series specifically designed for men who have diabetes. The curriculum uses examples of car maintenance and automotive care to describe how men with diabetes should take care of their bodies.

TOPICS COVERED INCLUDE:

- Managing symptoms
- Increase physical activity
- Medication use
- Working with your doctor

EMAIL:
christian.horton@sanantonio.gov
PHONE:
210-207-0854



METROPOLITAN
HEALTH DISTRICT



SCAN FOR
MORE INFORMATION

