



DIABETES GARAGE

SELF-MANAGEMENT FOR MEN

**Fridays at 10:00 a.m.
Starting October 17, 2025**

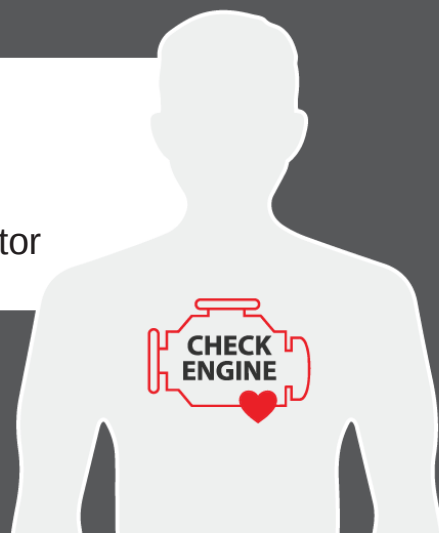
**Igo Branch Library
13330 Kyle Seale Parkway
San Antonio, TX 78249**

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

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**METROPOLITAN
HEALTH DISTRICT**



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