



UMPQUA COMMUNITY
HEALTH CENTER

Live Well



Live Healthy



Live Life



**LIVE WELL WITH
DIABETES**

DIABETES?

We can Help!

If you have Diabetes or are caring for someone who does, this **FREE** Workshop series is for you.

Mondays & Thursdays
April 2nd - 19th, 2018
3:00 - 5:00pm

Learn to effectively manage Diabetes symptoms Including:

- Pain & Fatigue
- Hyper/Hypoglycemia
- Stress, Depression & Anger
- Fear & Frustration

Guidelines for Activity & Exercise,
Healthy Eating, Foot Care & More

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150 Kenneth Ford Drive
Roseburg, OR 97470

CALL TO REGISTER
541-672-9596 ext. 430