

Tool Kit for Active Living with Diabetes



Join our 6-week Vietnamese phone workshop where you'll learn about tools to help you manage your diabetes such as: Healthy eating, Action planning, Stress management, Blood sugar monitoring and so much more.



- **Option #1: Tuesdays, 1:30 PM- 2:30 PM**
Aug. 30 - Oct. 11, 2022
- **Option #2 : Wednesdays, 6:00 PM - 7:00 PM**
Aug. 31 - Oct. 12, 2022
- **Option #3: Thursdays, 10:00 AM - 11:00 AM**
Sept. 1 - Oct. 13, 2022

Call us to register!

Phone #: 669-444-1181 Email: Thao@chpscc.org

Additional dates available, please call us for more information!