It’s your life - Live it Well!

Get Started
Take the first step to a healthier life with East Shore District Health Department’s

Live Well with Diabetes Program

(for people with diabetes, pre-diabetes, or those who live with or care for someone with diabetes)

It’s as easy as 1-2-3.

1. SIGN UP
Call 203-481-4233 or email our Health Educator, Barbara at bnaclerio@esdhd.org to register or for more information

2. LEARN
• To make better nutrition and exercise choices
• To make small changes for a happier and healthier life.
• And more

3. TAKE CONTROL
Apply what you’ve learned to live a healthier and happier life

6 Week Program meets every Monday evening
from Sept. 10th until October 15th 6:00 - 8:00pm
At The East Shore District Health Department
688 East Main St., Branford

Past Reviews of this program:
“the combination of MY management thru lifestyle changes a little at a time, knowledge of the disease and some help with meds, I feel in control. Thanks again for this program...I would recommend it to any newly diagnosed person.”

“After 20 years living with Diabetes, I still learned new ways of managing my diabetes. Thank-you!”