



# 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](mailto: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. 10<sup>th</sup> until October 15<sup>th</sup> 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!"*