

≡ **MUSCLE SHOALS LIVING CENTER**  
and the Northwest Alabama Council  
of Local Governments present

**FREE to**  
**attend**  
for  
diabetics  
and their  
caregivers

**EARLY  
REGISTRATION  
is requested!**

**To register  
or for more  
information,**

# **A DIABETES SELF-MANAGEMENT WORKSHOP**

**TUESDAYS**  
**Feb. 21 thru March 28**  
**9:00am to 11:00am**

*Healthy Living with Diabetes* is a six-week program designed by Stanford University. Participants receive support, education and practical ways to manage their pain and fatigue, meal planning, exercise, stress relief, foot care and much more valuable information.

## ***Muscle Shoals Living Center***

**994 Gattman Park Drive**  
**(Next to the new gym #3)**  
**Muscle Shoals, AL**

Contact *Janet Nichols, Center Manager*  
at **256.386.9280**