



DIABETES WORKSHOPS (IN SPANISH)

Sponsored by the Hispanic Health Council, Center for Eliminating Health Disparities among Latinos (CEHDL), and the Hartford Public Library

The first two workshops deal with diabetes prevention, risk factors, symptoms, and its complications as well as how to follow a healthy diet, tips for food preparation and using the food label to choose healthier foods.

During the third workshop, we will have a cooking demonstration, and general health and diabetes-related web-sites will be shown at our last meeting.

Thursdays, May 8, 15, 22, 29th, 6:30 – 8:00 pm

Seminar Room 2nd floor

Learning Lab 2nd floor (for May 29th only)

500 Main Street

Hartford, CT

Register at 860-695-6353 or online on the calendar through our website at www.hplct.org

If you require special accommodations to participate in a program, please contact Access Assistance at 695-6372, two weeks prior to the program

