



Living Well With Diabetes

Join us for a **FREE** six week
(1x/week for 2 ½ hrs.)
workshop in **St. Helens**



Sign Up Now!

Time: 1:00-3:30pm

Dates: Wednesdays, May 23rd-June 27th

Location of Workshop: The Public Health
Foundation—Annex Building

2370 Gable Road, Saint Helens

Who: Anyone living with diabetes and caregivers/
family members of people living with diabetes.

All ages welcome.

To Register: Call Claire Catt at TPHFCC at 503-
397-4651 x2016.

Living Well workshops are
fun, interactive classes that
provide you with tools for
living a healthy life with
diabetes and other chronic
conditions.

Class participants
receive a free book!

Sponsored by:

The Public Health Foundation of
Columbia County (TPHFCC), Community
Action Team, NW Senior and
Disabilities, and Health Insight.

Testimonial: "When I started the class my A1c was a 7 and now my A1c is a 5.9. I am continuing with my meal plan. Thank you for your class. I felt it played a major role in my accomplishment." Columbia County Resident