



UMPQUA COMMUNITY
HEALTH CENTER

Live Well



Live Healthy



Live Life



**LIVE WELL WITH
DIABETES**

DIABETES?

We can Help!

If you have Diabetes or are caring for someone who does, this **FREE** Workshop series is for you.

Tuesdays & Thursdays
2:30 - 4:30pm

February 7th
through
February 23rd
2017

Learn to deal effectively with symptoms of Diabetes including:

- Fatigue
- Pain
- Hyper/Hypoglycemia
- Stress
- Depression & Anger
- Fear & Frustration

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150 Kenneth Ford Drive
Roseburg, OR 97470

CALL TO REGISTER
541 - 672 - 9596