

# Diabetes Talk

Learn how to manage your diabetes with lifestyle changes

Eat Healthy

Exercise

Manage Stress



WEDNESDAY  
NOVEMBER 15



CHESHIRE SENIOR  
CENTER



1:30 PM - 3:00 PM



Alyssa Greenleaf,  
MHS, PA-C  
Endocrinology



**Cheshire**

Health & Wellness  
Coalition



Register now

(203) 272-8286

Hartford  
HealthCare