

## For Immediate Release



Contact: Ekaterine Tchelidze  
Town of East Hartford  
Phone: 860-291-7202  
Cell: 860-817-8590  
[etchelidze@easthartfordct.gov](mailto:etchelidze@easthartfordct.gov)

### **EAST HARTFORD SPONSORS DIABETES SELF MANAGEMENT PROGRAM**

East Hartford, CT—The Town of East Hartford, in conjunction with the East Hartford Health Department, will host a free, six-week “Live Well with Diabetes” workshop.

Classes will be held **on Mondays, May 13<sup>th</sup>-June 24<sup>th</sup> (no class May 27<sup>th</sup>) from 1:00pm -3:30pm at the East Hartford South End Senior Center, 70 Canterbury St., East Hartford, CT 06108.**

This Diabetes self-management program is open to anyone wishing to learn how to manage this ongoing health condition. The focus of the program is to assist participants to feel more in control and build their confidence in managing their lives with a chronic disease.

“The health department estimates that more than 3,500 people in East Hartford have diabetes,” said Mayor Marcia A. Leclerc. “Diabetes can be managed and its serious complications can be avoided. With this program, we hope to impart the knowledge, means and support to fight this disease, because every person deserves to live a healthy and productive life.”

During the program, participants will learn about healthy eating and menu planning, physical activity, proper foot care, strategies for sick days, dealing with emotions and stress, and how to set small, achievable goals.

“Self-care behaviors are essential for improved health status and greater quality of daily life,” said health director Jim Cordier.

The workshop is an evidence-based self-management program, originally developed at Stanford University. It is supported by funds, made available for the Centers for Disease Control and Prevention, Office of State, Tribal, Local and Territorial Support under grant DP 13-105. It is sponsored by the North Central Area Agency on Aging, Department of Rehabilitation Services, State Unit on Aging and Connecticut Department of Public Health.

Individuals wishing to register can contact the East Hartford South End Senior Center at 860-568-4281.

Town of East Hartford – 740 Main Street – East Hartford, CT 06108 – 860-291-7200 – [easthartfordct.gov](http://easthartfordct.gov)