



Type 2 Diabetes

Do you have Type 2  
Diabetes and want  
to learn more?

**FREE**  
**Online Diabetes**  
**Self-Management**  
**Program:**

For ANYONE 18+ with  
Type 2 Diabetes

**Online**

**Sept. 18th - Oct. 30th**

Weekly on Wednesdays 1:30 - 4 pm



Visit [MyHealthyVT.org](http://MyHealthyVT.org)  
for more information

- Caretakers welcome
- Workshop materials provided

**Registration required:**

Visit [MyHealthyVT.org](http://MyHealthyVT.org) or contact  
Jen Leithead to register  
[jleithead@nchsi.org](mailto:jleithead@nchsi.org)  
802-334-3208



**MY HEALTHY  
VERMONT**