

My LIFE, *My* HEALTH

DIABETES SELF-MANAGEMENT

Mystic Valley Elder Services presents:

**A VIRTUAL ZOOM CLASS
Thursdays, October 1 to November 5**

(class size limited)

10:00AM to 12:00PM



Learn how to connect virtually thru a Zoom platform and take the class from the comfort of your home. You'll learn skills for improved management of your diabetes — including how to effectively handle stress and difficult emotions, eat for your health and promote physical activity, increase your energy level, set and meet personal goals, and make informed choices about your treatment.

TAKE THIS STEP FOR INCREASED HEALTH & WELLBEING!



**For questions or to sign-up, contact Donna Covelle
at dcovelle@mves.org or call 781-388-4867.**

SHOULDN'T YOUR LIFE AT HOME BE

SECURE COMFORTABLE AND JOYFUL?

Mystic Valley Elder Services partners with older adults, adults living with disabilities, and caregivers in the Mystic Valley region to ensure that everyone has the tools and services they need to live at home and in their own communities as long as they desire.

Through Mystic Valley, you can access home care services, Meals on Wheels, support for your financial wellbeing and your transportation needs, caregiver peer groups, and — most of all — the chance to make your life easier, healthier, safer, and more vibrant. Many of our services are available at no or very low cost.

Mystic Valley Elder Services works with our neighbors in Chelsea, Everett, Malden, Medford, Melrose, North Reading, Reading, Revere, Stoneham, Wakefield, and Winthrop.



Mystic Valley
Elder Services

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