

**Benton-Franklin
Health District**
www.bfhd.wa.gov

Kennewick
7102 West Okanogan Place

Pasco
412 West Clark Street

Follow us on social
media:



Benton-Franklin Health
District Website
www.bfhd.wa.gov

Washington Department
of Health
www.doh.wa.gov

Centers for Disease
Control
www.cdc.gov

Rev 10/2018

Primary Contact
Contact: Kathleen Clary-Cooke, PIO
Phone: 509-460-4214
E-mail: kathleenc@bfhd.wa.gov

Secondary Contact
BFHD Front Desk
509-460-4200

FREE DIABETES SELF-MANAGEMENT WORKSHOPS *Program Offered in English and Spanish*

FOR IMMEDIATE RELEASE

January 15, 2018

KENNEWICK — Benton-Franklin Health District is offering free Diabetes Self-Management workshops in English and Spanish. The evidence-based program from Stanford School of Medicine empowers people with diabetes to maintain and improve their health.

Participants in the six-week program will learn ways to deal with fatigue and pain, improve nutrition and exercise choices, communicate better with healthcare providers and family members, and develop weekly action plans.

The Diabetes Self-Management class will be offered in English on Wednesdays from 4:00 to 6:00 pm, from January 23 through February 27 at Benton-Franklin Health District in Kennewick. The Spanish workshop will be held on Tuesdays from 4:30 to 6:30 pm, from January 29 to March 5 at St. Patrick's Catholic Church in Pasco.

To register for the class or for more information about the free workshops, call Lisa Gonzalez at 509-460-4216.

###