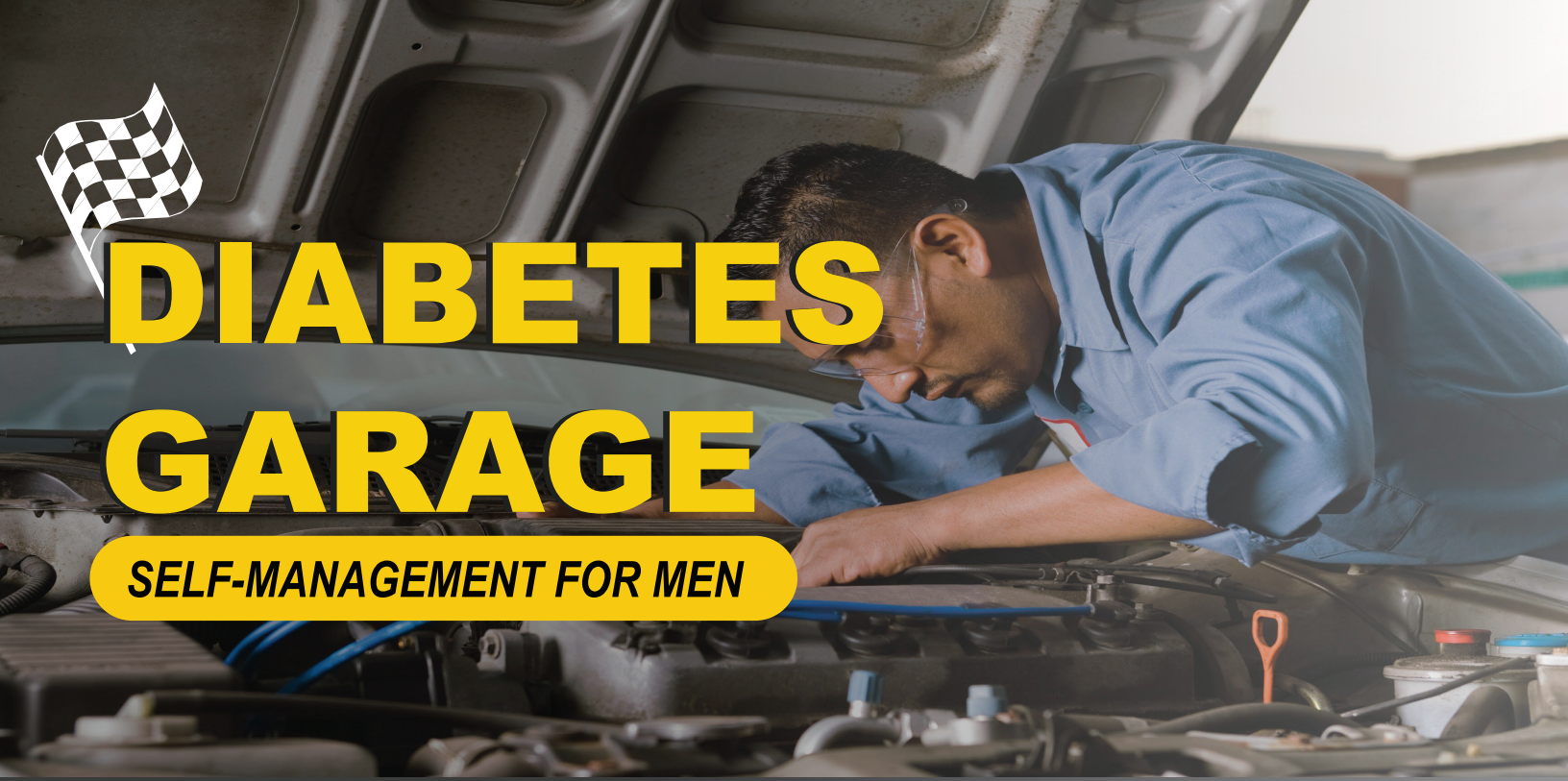




DIABETES GARAGE

SELF-MANAGEMENT FOR MEN



**Tuesdays at 12:00 p.m.
Starting June 16, 2026**

**This is a Virtual
Workshop for COSA
Men Employees**

The Diabetes Garage is a four-week workshop series specifically designed for men who have diabetes. The curriculum uses examples of car maintenance and automotive care to describe how men with diabetes should take care of their bodies.

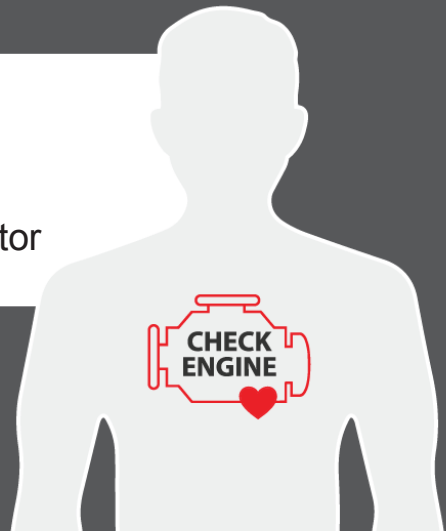
TOPICS COVERED INCLUDE:

- ◆ Managing symptoms
- ◆ Medication use
- ◆ Increase physical activity
- ◆ Working with your doctor

To register email

CHRIS HORTON 210-207-8054

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**METROPOLITAN
HEALTH DISTRICT**



SCAN FOR
MORE INFORMATION

