



**DIABETES 101 - THE ESSENTIAL FACTS**

**WEDNESDAY, AUGUST 21 @ 5:30PM**

Learn essential knowledge and practical skills for managing diabetes effectively. This program is tailored for individuals diagnosed with diabetes, as well as their caregivers and loved ones. Participants will gain knowledge on fundamental information about diabetes, its management, and strategies for optimizing health and well-being. Duration: 45 minutes.



**SLEEP ON IT - WHY SLEEP MATTERS**

**TUESDAY, SEPTEMBER 10 @ 5:30PM**

Millions of Americans are failing to get the sleep their body needs. Learn what you can do to sleep well and be well with healthy sleep basics. Duration: 45 minutes.



**SMARTPHONE & TABLET BASICS**

**TUESDAY, OCTOBER 1 @ 1:00PM**

Learn how to connect to Wi-Fi, use Password Keeper, add and delete apps, utilize the Cloud, create ICE contacts, and explore the basics of their device's camera. Participants need to bring their own device to engage in hands-on practice. Duration: 1 hour.

**CLASSES WILL BE HELD AT THE GOSHEN PUBLIC LIBRARY  
(601 S. 5TH ST, GOSHEN) IN THE AUDITORIUM (LOWER LEVEL).**



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**TO REGISTER,  
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