



**Centralina Area Agency on Aging**  
**Living Healthy Workshop/Diabetes Self-Management Program**  
**FY1 Regional Schedule of Workshops**  
**July 1, 2011 – June 30, 2012**

County	Location	Dates and Time	Sponsor	Workshop Leaders	Fee	Contact and Registration Information
Union	Union County Council on Aging 1401 Skyway Drive, Monroe, NC	6 Sessions (1 x week) Tuesdays Sept 20, 27, Oct 4, 11, 18, and 25, 2011  Time: 9:30am – 12:00pm	Union COA	Myra Lowden Bonnie Rushing	No Charge	Linda Smosky Union COA 704-292-1797 <a href="mailto:smoskycoa@carolina.rr.com">smoskycoa@carolina.rr.com</a>
Lincoln	James Warren Citizens Center 115 West Main Street Lincolnton, NC 28092	6 Sessions (1 x week) Mondays Sept 26, Oct 3, 10, 17, 24, and 31, 2011  Time: 11am – 2pm (Includes Lunch)	Lincoln County SSD	Sue Brooks Melinda Houser	No Charge	Sue Brooks Lincoln County SSD 704-732-2045 <a href="mailto:sbrooks@lincolncounty.org">sbrooks@lincolncounty.org</a>

County	Location	Dates and Time	Sponsor	Workshop Leaders	Fee	Contact and Registration Information
Mecklenburg	Community Room at The Haven 5920 McChesney Drive, Charlotte, NC	6 Sessions (1 x week) Mondays November 7, 14, 21, 28, December 5, and 12, 2011  Time: 1pm – 3:30pm	Centralina AAA		No Charge	Coleen Roberts The Laurels and The Haven at Highland Creek 704-659-7545 <a href="mailto:caroberts@5sqc.com">caroberts@5sqc.com</a>

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Centralina Area Agency on Aging

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