



ABERNETHY LAURELS

# healthy living series

*Join us and get your new  
year off to a great start!*

## Healthy Sleep, Healthy You

THURSDAY, JANUARY 9  
10 AM

*presented by Sandra Knuckles, Sleep Technologist  
and Educator with Catawba Valley Medical Center -  
Centers for Sleep Disorders*

Poor sleep habits are among the most common problems encountered in our society. We stay up too late and get up too early. We interrupt our sleep with drugs, chemicals and work, and we over-stimulate ourselves with late-night activities such as television. Learn how to sleep better, avoid sleep disorders, and understand the importance of a sleep study.

## Diabetes: Taking Back Control

THURSDAYS, JANUARY 16, 23 & 30  
10 AM

*presented by Abernethy Laurels  
Registered Dietician Adele Gobble*

Living with diabetes can present challenges. Our diabetes workshop series can help you manage your concerns. An added benefit will be the support of others who know what you are going through.

Each session will cover a different topic – enjoyable eating with diabetes; the importance of regular exercise; how to communicate with family, friends, and your medical team; designing your own self-management program.

**Abernethy Laurels, Green Room, 102 Leonard Ave., Newton, NC**

**Register your attendance by contacting Ashley Rader, 828.465.8552 or arader@uchas.org.**

**[www.abernethylaurels.org](http://www.abernethylaurels.org)**

**Directions:** From I-40, take Exit 132 (To Hwy. 16 towards Conover). Go approximately 5 miles then turn left on to Hwy. 16; Abernethy Laurels approx. 1/2 mile on left.

