

Diabetes Self-Management Workshop

A SIX WEEK PROGRAM TO HELP YOU LEARN TO LIVE A
HEALTHY LIFE WITH DIABETES



Tuesdays

October 6—November 10, 2009

Time: 2:00 pm to 4:30 pm

Where: Centralina Council of
Governments Conference Room

1300 Baxter Street—4th Floor, Suite 450
Charlotte, NC

Free of Charge!

Call today—Class size is limited

*Living Healthy with Diabetes was developed by Stanford University
and will help you or someone you know how to*

- ✓ *Manage symptoms including fatigue and depression*
- ✓ *Use relaxation techniques*
- ✓ *Eat healthy*
- ✓ *Improve your communication skills*
- ✓ *Use medication effectively*
- ✓ *Monitor your blood sugars*
- ✓ *Solve problems and set goals*
- ✓ *Increase your self-confidence*
- ✓ *Feel better and take charge!*



LIVING
HEALTHY
with
DIABETES

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To register, ask questions or get more information call
Linda Miller, Centralina Area Agency on Aging
704-348-2712 or Email: lmiller@centralina.org

Take CONTROL of your diabetes!