

Diabetes Self-Management Workshop

FREE, SIX-WEEK LIVING HEALTHY WITH DIABETES WORKSHOP IS DESIGNED TO HELP YOU BETTER MANAGE YOUR DIABETES AND LIVE A HAPPIER, HEALTHIER LIFE!

Location: _____

Dates: _____

Time: _____

RSVP: _____



Sponsored by: **CENTRALINA**
Area Agency on Aging



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!*



For more information contact Linda Miller, Centralina Area Agency on Aging
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