

Take control of your diabetes!

Diabetes Self-Management Workshop

Offered by the Area Agency on Aging, PSA 2

Learn to better self-manage your type 2 diabetes!

- ◆ The workshop is held **once a week for 6 weeks.**
- ◆ Learn from trained leaders who use workshop tools to manage their own health conditions.
- ◆ Set your own goals and make step-by-step plans to improve your health—regaining control of the things that matter to you!

Topics include:

- ◆ Achieving balance through healthy eating, exercise, and monitoring.
- ◆ Techniques to deal with the symptoms of fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration.
- ◆ Exercise for maintaining and improving strength and endurance.
- ◆ Communicating effectively with family, friends, and health professionals.



There is **no charge** to attend this workshop.

Complete the workshop and receive a free copy of the companion book, *Living a Healthy Life with Chronic Conditions.*

Consider attending Healthy U if you:

- ◆ Are looking to learn practical, day-to-day management techniques to deal with conditions related to Type 2 diabetes and better manage your overall health.
- ◆ Feel limited in your daily activities.
- ◆ Feel tired, alone, or fearful because of your health conditions.
- ◆ Are looking for better ways to manage your diabetes and related symptoms.



Area Agency on Aging, PSA 2

UPCOMING WORKSHOP:

Tuesdays, May 23—June 27

1:30 p.m. — 4:00 p.m.

Messiah Manor
848 E. Court Street, Urbana

Space is limited, so please register TODAY:

Contact Lisa Ebert
937-653-6254

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