



**UNITED
SENIOR SERVICES**
Active Involved Independent

Take control of your diabetes!

Attend Healthy U Diabetes Workshop

Join a free workshop held once a week for 6 weeks

Topics include:

- Good nutrition
- Setting and achieving personal goals
- Strategies to deal with pain, stress, fatigue, and depression
 - Using physical activity to maintain and improve strength, flexibility, and endurance
 - How to use medications safely and appropriately



Upcoming Workshop:

Wednesdays, June 21-July 26

2:30 to 5 pm

Shawnee Place
102 East Main Street, Springfield, OH

There is no charge but space is limited so register TODAY!

Contact Jessica Burton at
937-441-4232

There is no charge to attend these workshops. Healthy U is funded by the Older Americans Act. United Senior Services will pay the fee for adults under 60 years of age. Donations are welcome.



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Complete the workshop and receive a free copy of the companion book.

