



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:

Thursdays, June 7-July 12

1:30pm to 4pm

Springfield Masonic Community Clubhouse
2655 West National Road, Springfield, OH

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

Contact Cindy Coffman at
937-323-4948 ext 209 or
ccoffman@unitedseniorservices.org

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.



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

