



Start 2020 learning to control your diabetes & live your best life!



Sign up for Healthy U - A Diabetes Self-Management Workshop

This free workshop - held once a week for 6 weeks - provides tools to help manage your symptoms and control your diabetes.

Topics include:

- Setting and achieving personal goals.
- Strategies to deal with pain, stress, fatigue, weight management, difficult emotions.
- Using physical activity to maintain and improve strength, flexibility, endurance.
- How to use medications safely and appropriately.
- Communicating effectively with family, friends, health professionals.

Consider Healthy U if you:

- Have diabetes, are at risk for diabetes, or care for a loved one with diabetes.
- Feel limited in your daily activities.
- Feel tired, alone, or fearful because of your health or the health of your loved one.
- Are looking for better ways to manage your diabetes and overall health.

Details

WHEN:

Fridays, Jan. 10 - Feb. 14, 2020

Sessions begin at **2:00 pm** and end no later than 4:30 pm.

WHERE:

Family Health Conference Room
5735 Meeker Road, Greenville

Workshop size is limited

and a minimum number of participants are required for the workshop to be held.

Reserve your seat early!

Contact Jane Urlage at
(937) 547-2319 ext. 1229 or
jurlage@familyhealthservices.org



Healthy U workshops are offered by the Area Agency on Aging, PSA 2.

(937) 223-HELP

info4seniors.org

(800) 258-7277