



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:

**Tuesdays, Feb. 4-March 10, 2020**

Sessions begin at **10:00 am** and end no later than 12:30 pm.

### WHERE:

Dayton Metro Library-Southeast  
21 Watervliet Ave., Dayton  
(near Belmont High School)

### Workshop size is limited

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

**Reserve your seat early!**

**Contact Karin Nevius at  
(937) 341-3001 or  
knevius@info4seniors.org**



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

(937) 223-HELP

info4seniors.org

(800) 258-7277