



...toward 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, April 7-May 12, 2020

Sessions begin at **10:30 am** and end no later than 1:00 pm.

➔ *Free lunch is provided by Recovery Zone.*

WHERE:

Recovery Zone
440 E. Paris St., Bellefontaine

Workshop size is limited

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

Reserve your seat early!

**Contact Penny Forman at
937-593-9391**



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

(937) 223-HELP

info4seniors.org

(800) 258-7277

Area Agency on Aging