



NEW SIX-WEEK SESSION!

Diabetes SELF-MANAGEMENT Workshop



Please register early. Classes that do not have sufficient enrollment will be cancelled.

Diabetes Self-Management Workshop

Gere Library, 2400 S. 56th St.
Wednesdays, 1 to 3 p.m.
Oct. 25 through Nov. 29

The Diabetes Self-Management Workshop is a six-week course for adults with diabetes, their family members and friends. Learn about diabetes including:

- What to eat and when to exercise.
- Monitoring your blood sugar.
- Foot care.
- Communicating with family and your health care provider.
- Low and high blood sugar.
- Tips for dealing with stress.
- How to set small and achievable goals.
- Overview of relaxation techniques.
- How to increase your self confidence.
- Feel better and take charge.

This workshop is offered at no cost but a suggested contribution of \$4 per class is appreciated!

To register, call Aging Partners Health and Fitness at 402-441-7575.