



**NEW SIX-WEEK SESSION!**

# Diabetes SELF-MANAGEMENT Workshop



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

## Diabetes Self-Management Workshop

### Public Health Solutions

995 E. Hwy 22, Suite 1, Crete  
Fridays, 10 a.m to noon  
April 20 through May 25

### Aging Partners Fitness Center

555 S. 9th St.  
Wednesdays, 9:30 to 11:30 a.m.  
June 6 through July 18 (no class July 4)

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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.**