



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

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!

Hillcrest Firethorn Health Services

8601 Firethorn Lane
Wednesdays, 1:30 to 3:30 p.m.
Oct. 9 through Nov. 13

Belmont Senior and Recreation Center

1234 Judson St.
Tuesdays, 10 a.m. to noon
Nov. 12 through Dec. 17

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