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.