

Diabetes Self Management Workshop

Healthy U Diabetes is a free, six week workshop that helps participants learn proven strategies to manage Type 2 Diabetes. Open to anyone 18 or over.



Healthy U Diabetes is for you if you:

- Live with Type 2 diabetes and perhaps other chronic conditions
- Feel limited in your daily activities
- Feel tired, alone, or fearful because of your health
- Are looking for better ways to manage your diabetes.

Topics include:

- Setting and achieving personal health goals
- Using good nutrition to improve health and control symptoms
- Strategies to deal with stress, fatigue, pain and depression
- Using physical activity to maintain and improve strength, flexibility, and endurance
- Using medications safely and appropriately
- Talking with your doctor and your family about your health

Upcoming Workshop

Six weekly sessions—Tuesday afternoons

October 22nd through November 26th

1:00-3:30pm

**Xenia Community Center
(Next to GCCOA Office)
1265 W Second St., Xenia**

There is no charge, but you must register in advance.

**Contact Susan Finster at 376-5486 or email
susan.finster@gccoa.org**

Participants Say

Now I know I'm not alone.

I feel healthier and smarter and more aware of my health.

This workshop showed me I can take control of my future.

