

# Diabetes Self-Management Workshop

THE WPCOG AND THE BURKE COUNTY HEALTH DEPARTMENT  
INVITE YOU TO A **FREE** SIX WEEK PROGRAM TO HELP YOU LEARN  
TO LIVE A HEALTHY LIFE WITH DIABETES



Every Tuesday for 6 weeks  
February 28th—April 4th, 2017

Time: 4:00—6:30 pm

NC Cooperative Extension Office

130 Ammons Dr. Morganton

*Call Sarah Evitt to Register*

*Class size is limited !*

*(828) 485-4216*

*Living Healthy with Diabetes* was developed by Stanford University  
and will help you or someone you know how to

- ⇒ Manage symptoms including fatigue and depression
- ⇒ Use relaxation techniques
- ⇒ Eat healthy
- ⇒ Improve your communication skills
- ⇒ Use medication effectively
- ⇒ Monitor your blood sugars
- ⇒ Solve problems and set goals
- ⇒ Increase your self-confidence
- ⇒ Feel better and take charge!



Take **CONTROL** of your diabetes!

Sponsored by:

**WPCOG**  
Area Agency on Aging

The Burke County  
Health Department