

Diabetes Self-Management Workshop

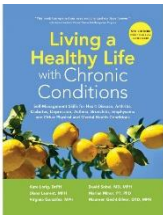
Designed for people with diabetes or the caregivers of someone with diabetes, this program has proven successful in building the participants' confidence managing their health, and maintaining active and fulfilling lives. FREE Workshop.

Each participant in the workshop receives a FREE copy of the companion book, *Living a Healthy Life with Chronic Conditions, 5th Edition*, and Relaxation CD.

**Virtual Zoom Class starting Tuesday August 10th
and continuing for 6 weeks.**

9:00AM-11:30AM each week.

**To sign up for the class by call Marie Heberlein
at 814-566-3373.**



Participants will learn:

- Techniques to deal with fatigue, pain, hyper/hypoglycemia, stress, and emotional problems
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Nutrition

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