

Learn Tools for Better Health

Diabetes Self-Management

If you are living with diabetes or you are a caregiver of someone who is, this class is for *you!*

This workshop is an interactive learning opportunity that teaches techniques to manage common symptoms and equip you with self-management tools.

FREE 6-week workshop series

- Learn decision-making and problem-solving skills
- Communicate effectively with family, friends and health professionals
- Learn new ways to eat healthy
- Control pain
- Increase physical activity
- Set and accomplish goals
- Deal with difficult emotions
- Better manage your health

“The workshops put me back in charge of my life, and I feel great. I only wish I had done it sooner.” –
Living with Chronic Conditions workshop participant

**Interested in participating in a class?
Call 665-8882 to sign-up for an
upcoming class**



Do you have a group of 6-12 people that are interested in this program? We will teach this at your facility within Reno County.



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A partnership for better health