

# Want to Take Charge of Your Diabetes?

## *Become a Self-Manager!*



Register for the ***Common Threads*** Workshop!

This six-week workshop is part of the Diabetes Self-Management Program and is FREE to adults 60 and older.

In light of COVID-19, this will be offered *virtually!*

Participants will learn about making a healthy eating plan, managing blood sugar levels, balancing eating, physical activity and medications to prevent problems as well as managing diabetes-specific problems.

### **Workshop Details:**

This six-week workshop meets weekly on Wednesdays via Zoom. Participants will receive a Self-Management Tool Kit in the mail at no cost.

**Dates: January 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup>,  
February 3<sup>rd</sup>, & 10<sup>th</sup>**

**Time: 10am-12:30pm**

### **To register, contact:**

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**Health Promotion Specialist**

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