



WANT TO TAKE CHARGE OF YOUR DIABETES?

REGISTER FOR A FREE WORKSHOP!

Become a Self-Manager!

- ✓ Highly interactive 6-week workshop
- ✓ Weekly 2 ½ hour sessions - via Zoom
- ✓ Gain support from others with similar health issues

Upcoming virtual workshop:

Dates: Thursdays,
March 24th, 31st,
April 7th, 14th, 21st,
and 28th, 2022

Time: 10am -
12:30pm

REGISTRANTS MUST
BE 60+ AND LIVE IN
PHILADELPHIA

COMMON THREADS – A DIABETES SELF-MANAGEMENT PROGRAM

Do you have diabetes or care for someone who does? Join this evidence-based workshop and learn how to self-manage your condition and symptoms! Workshops are now virtual! Topics include:

- ✓ How to address symptoms such as fatigue, pain, low/high blood sugar, stress, and emotional difficulties (depression, anger, fear, & frustration)
- ✓ Improving strength and endurance
- ✓ Healthy eating and menu planning
- ✓ Blood sugar and medical management
- ✓ Proper foot care
- ✓ Communication skills
- ✓ Action planning, decision making, and problem solving

TO REGISTER, CONTACT:

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