



WANT TO TAKE CHARGE OF YOUR DIABETES?

REGISTER FOR A FREE PHONE WORKSHOP!

Become a Self-Manager!

- ✓ Highly interactive 6-week workshop
- ✓ Weekly sessions - via phone
- ✓ Gain support from others with similar health issues

Upcoming Phone Workshop:

Dates: Mondays, September 26th, October 3rd, 10th, 17th, 24th, and 31st

Time: 10am-11am

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 abbreviated evidence-based workshop and learn how to self-manage your condition and symptoms! Topics include:

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

TO REGISTER, CONTACT:

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Philadelphia Corporation for Aging supports this program through Title IIIID funds from the Pennsylvania Department of Aging. This program was developed at Stanford University and is now owned by Self-Management Resource Center, Inc.