



# WANT TO TAKE CHARGE OF YOUR DIABETES?

REGISTER FOR A FREE VIRTUAL WORKSHOP!

## Become a Self-Manager!

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

### Upcoming Virtual Workshop:

Dates: Tuesdays  
Feb. 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>,  
March 7<sup>th</sup>, 14<sup>th</sup>, and  
21<sup>st</sup>

Time: 10am-  
12:30pm

\*Held via ZOOM\*

## 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! Topics include:

- ✓ 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, & problem solving

**TO REGISTER, CONTACT:**

**Stephen Merrill, PCA**

**(215)765-9000 x5123**

**[Stephen.Merrill@pcacares.org](mailto:Stephen.Merrill@pcacares.org)**

**REGISTRANTS MUST  
BE 60+ AND LIVE IN  
PHILADELPHIA**



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.