



**Would you spend just 2 1/2 hours a week to learn how to stay active and enjoy life?**

## Diabetes Self Management Workshop

### **Put Life Back Into Your Life!** **Learn how to manage Diabetes**

Join a free 2 1/2-hour Diabetes Self Management Workshop, held each week for six weeks.

Learn from trained volunteer leaders with Diabetes themselves or who have family members with Diabetes.

Set your own goals and make a step-by-step plan to improve your health—and your life.

### **Living Healthy with Diabetes** **This six-week workshop** **is now being offered in your area!**

#### **Workshop Overview**

- Making an action plan
- Feedback/problem solving
- Stress Management
- Relaxation techniques
- Handling difficult emotions
- Working with your health care

#### **You'll also learn to:**

- Monitor blood sugar
- Prevent low blood sugar
- Prevent complications
- Exercise safely
- Manage medications
- Prepare for sick days
- Care for skin and feet
- Eat healthy
- Plan for future

**Workshop is limited to 16 people.**  
**Pre-register today!**



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#### **Living Healthy with Diabetes**

##### **Location:**

LiveWell Fitness Center/National Training Center, Classroom B  
1935 Don Wickham Dr.  
Clermont, FL 34711

**Dates:** June 21, 28,  
July 5, 12, 19, 26, 2016

**Time:** 9:30a.m. to 12:00 p.m.

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

**Betty Flagg (352)-692-5219**  
**Or Jennifer Davis**  
**352.394.4071 Ext. 4223**

**No Matter your situation, Living Healthy with Diabetes can assist you with taking control of your Health!**

