

# Tuesday Health Series

## Diabetes Self-Management *Program*

### YOU HAVE THE POWER TO LIVE YOUR BEST LIFE



#### Why Participate?

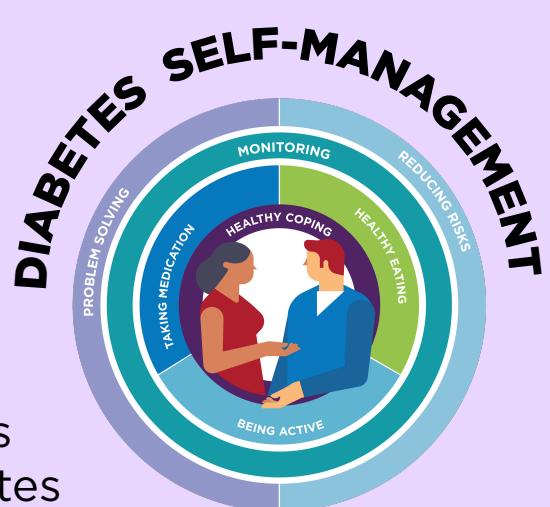
- Self-management classes are engaging and Educational
- You can interact with the instructor and others as you learn about diabetes.

#### Learning Includes:

- Skills to deal with problems such as frustration, tiredness, isolation, and poor sleep
- Exercises for maintaining and improving strength, flexibility, and endurance
- Correct use of Medications
- How to communicate with family, friends, and health professionals about your diabetes
- Nutrition tips and tricks
- How to pace activity and when to rest
- How to evaluate new treatments

#### Class Dates

- 3/10** How Diabetes Effects Your Body  
**3/24** Diabetes Distress & Support  
**4/7** Healthy eating for Diabetes  
**4/21** Activity to Control Diabetes  
**5/4** Taking Medication  
**5/19** Monitoring Glucose  
**6/2** Short-term Complications in Diabetes  
**6/16** Long-term Complications with Diabetes  
**6/30** Reducing Risk of Diabetes Complications



**Care First Education**