

Tuesday Health Series

Diabetes Self-Management *Program*

YOU HAVE THE POWER TO LIVE YOUR BEST LIFE



SENIOR CENTER, INC.

Why Participate?

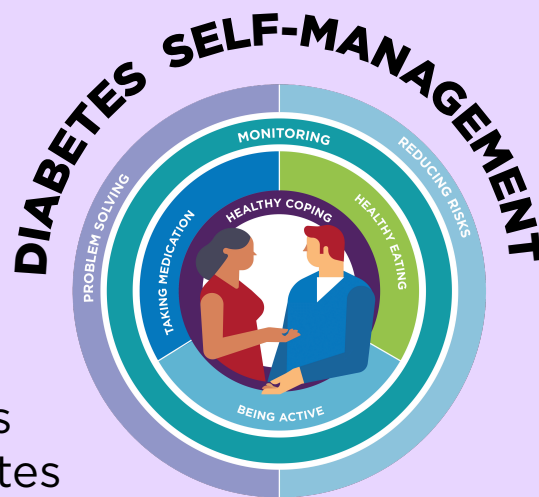
- Self-management classes are engaging and Educational
- You can interact with the instructor and others as you learn about diabetes.

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