

Take Charge of Your Diabetes Workshop Series

For persons who have diabetes or pre-diabetes and/or their care takers.

Participants learn new skills to better manage health. They become active participants in care and treatment, become empowered to take action, gain more positive outlook on life and employ new problem solving skills.

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- There is NO CHARGE to participate! Free!
- Program was developed by Stanford University
- Facilitated by 2 certified class leaders (who live with diabetes, a chronic health condition or work with persons with diabetes)
- The program is held once a week for 6 weeks
- The curriculum provides ways to live healthy with diabetes
- A companion book, Living a Healthy Life with Chronic Conditions and a relaxation CD are available for loan or purchase.
- “Take Charge of Your Diabetes” is not about treatment, it is about living a healthy life
- The subjects covered are nutrition/healthy eating, monitoring blood sugar, fitness/exercise, stress management, medications, positive thinking, difficult emotions, avoiding complications, action planning, problem solving, and working with your doctor.
- **The classes are highly participative, filled with fun activities and lively discussion**

This workshop series will be available to residents of Bond, Jersey, Macoupin and Montgomery counties in 2012.

For more information, call Debbie at 217-854-3223, ext. 225

Or toll free at 1-888-369-9510, ext. 225

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