

Diabetes Self-Management Class

Classes held weekly for 6 weeks
1:00-3:30pm

Monday, September 21

Monday, September 28

Monday, October 5

Tuesday, October 13 - **DUE TO COLUMBUS HOLIDAY**

Monday, October 19

Monday, October 26

Held at:

Geauga County Office Building

12611 Ravenwood Drive

Chardon, OH 44024

Room B200



Take Charge of Your Health Diabetes Self-Management Program

Are you a senior dealing with diabetes or do you want to help your spouse?

If you or someone you know has diabetes, join our free **six-week workshop** (2 ½ hour weekly sessions), **Diabetes Self-Management** (DSM). You'll get the support you need, find practical ways to deal with pain and fatigue, sugar control, discover better nutrition and exercise choices, understand new treatment choices, and learn better ways to talk with your doctor and family about your health.

Subjects covered include: 1) techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration; 2) appropriate exercise for maintaining and improving strength and endurance; 3) healthy eating 4) appropriate use of medication; and 5) working more effectively with health care providers. Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program. Physicians, diabetes educators, dietitians, and other health professionals both at Stanford and in the community have reviewed all materials in the workshop.

Each participant in the workshop receives a copy of the companion book, *Living a Healthy Life with Chronic Conditions, 5th Edition*, which is available for purchase at the end of class.

Learn from trained leaders who understand firsthand what you are experiencing. Set your own weekly goals and make a step-by-step plan to improve your health—and your life.

To register for this class, please call Melissa Wheeler at 440-279-2167.