

Diabetes Self-Management Workshop

A FREE SIX WEEK PROGRAM TO HELP YOU LEARN TO LIVE A HEALTHY LIFE WITH DIABETES



Every Thursday for 6 weeks;
Sept. 6 through Oct. 11, 2012
Time: 9:30 am to 12:00 am

Where: Ascension Council on Aging
101 Bocage, Donaldsonville, LA

Free of Charge!
Call today — Class size is limited

The *“Your Life, Your Health”* Diabetes Self-Management Program was developed by Stanford University to help you or someone you know

- Manage symptoms including fatigue and depression
- Use relaxation techniques
- Eat healthy
- Improve your communication skills
- Use medication effectively
- Monitor your blood sugar
- Solve problems and set goals
- Increase your self-confidence
- Feel better and take charge!

Sponsored by:



To register, ask questions or get more information call
Susan DeMers, Capital Area Agency on Aging
at (800) 833-9883

Take **CONTROL** of your diabetes!