



Take Charge of Your Diabetes Program

A six-week program to help you improve your health— one step at a time!

What is this program about?

- *Take Charge of Your Diabetes* is a fun, skill-building program designed for persons with diabetes.
- The program helps individuals take day-to-day responsibility for the care of their condition including: nutrition/healthy eating, preventing low blood sugar, exercise, preventing complications, stress management, medications, skin and foot care, making an action plan, etc.
- Participants gain skills necessary to self-manage their diabetes and work effectively with their health care providers.

Who can take part?

- Anyone living with diabetes.
- Family members, friends or caregivers of an individual with diabetes.

Program Details:

- **6-week program** (6 sessions meet once a week on Tuesdays)
- The program is **FREE**
- **Registration is required**
- Dates: **Tuesdays , November 13 — December 18**
- Time: **5:00 p.m.**
- Location: **Blackman Med Point Clinic**
- Taught by Lori Cook and Kelli Perrien

For more information or to register, contact:

Lori Cook - 904-6769 or
Kelli Perrien 898-7715

Deadline to Register: November 10, 2012