



CHATTING ABOUT HEALTH

Diabetes Self-Management Program



- Are you living with diabetes?
- Did you know that we offer a Diabetes Self-Management Program?
 - *This evidence-based self-management program was originally developed at Stanford University.*

Format

The small group participatory sessions are 2.5 hours long and take place weekly for 6 weeks.

Objectives

You will learn techniques to deal with diabetes symptoms, like fatigue, pain, hyper- and hypoglycemia, stress, and emotional problems like depression, anger, fear, and frustration.

Session topics include:

- Appropriate exercise for maintaining and improving strength and endurance
- Using glucose monitoring to make day to day decisions and manage sick days
- Healthy eating
- Appropriate use of medication
- Working more effectively with health care providers
- Recommended tests to prevent or delay complications
- Foot care
- Action-planning, problem-solving, decision-making

Interested in registering?

Visit our website for more information.

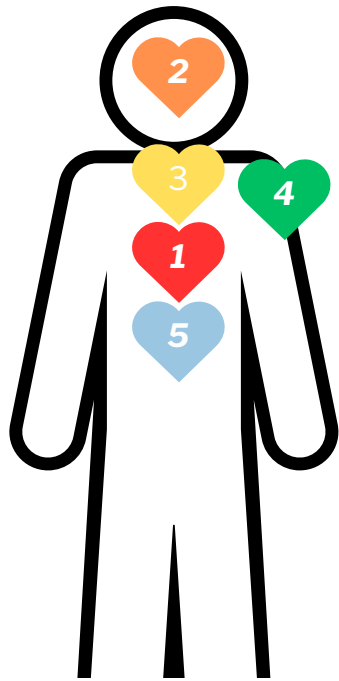
[https://chathamhealth.org/
community-health#cdsmp](https://chathamhealth.org/community-health#cdsmp)



February is American Heart Month

Call 911 if you have

Heart Attack Warning Signs



- 1:
**Chest pain/
discomfort**
- 2:
**Lightheadedness,
nausea, vomiting**
- 3:
**Jaw, neck or back
pain**
- 4:
**Shoulder /arm pain
or discomfort**
- 5:
**Shortness of
breath**

Although the most common heart attack symptom in women is chest pain or discomfort, women may have other symptoms like anxiety or unusual tiredness and weakness.



<https://www.heart.org/en/health-topics/heart-attack/warning-signs-of-a-heart-attack>



Stroke Warning Signs

F

Face drooping

A

Arm Weakness

S

Speech difficulty

T

Time to Call 911

Other stroke symptoms include:

- NUMBNESS/WEAKNESS especially on one side of the body
- CONFUSION, trouble speaking or understanding speech
- TROUBLE SEEING in one or both eyes
- TROUBLE WALKING, dizziness, loss of balance or coordination
- SEVERE HEADACHE with no known cause

<https://www.stroke.org/en/about-stroke/stroke-symptoms>



COVID-19 VACCINES

Visit CDC to learn more about current COVID-19 vaccine recommendations : <https://www.cdc.gov/covid/vaccines/stay-up-to-date.html>

