



We invite you to
participate in this exciting,

Take Charge of Your Diabetes



Wednesdays, July 26—August 30, 2017

9:30 a.m. — 12:00 p.m.

**Fremont Township
22385 W. Illinois Route 60
Mundelein, IL 60060**

Sign Up Now!

Donna Copeland Hill
NE Illinois Agency on Aging
630-293-5990
dcopelandhill@ageguide.org

- Learn from facilitators who have professional or personal experience with ongoing health conditions
- Develop your own weekly goals to help you manage your diabetes
- Create an exercise and healthy eating program that works for you to improve your condition
- Learn problem-solving strategies to help cope with pain, fatigue and frustration
- Gain support and encouragement from others living with diabetes

Hosted by
Fremont Township



**LEARN HOW TO
THRIVE —
NOT JUST SURVIVE**

Presented by
Northeastern Illinois Agency on Aging

