

TAKE CONTROL of *YOUR* Diabetes!

DIABETES SELF-MANAGEMENT PROGRAM



"The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming."

WHO COULD BENEFIT?

Anyone 60 years or older who:

- is living with Type 2 Diabetes, Prediabetes, or family members
- is interested in symptom and treatment management
- wants to learn proper exercise and nutrition
- wants to know what questions to ask

YOU WILL LEARN TO:

- Prevent Low Blood Sugar
- Monitor Nutrition
- Plan Low Fat Meals
- Talk with Your Doctor
- Care for Your Feet
- Set Weekly Goals
- Control Stress

****UPCOMING WORKSHOP****

ONLINE

Attend using computer,
laptop, or smartphone

August 18 – September 22
10:00-12:30

REGISTRATION IS REQUIRED

Class size is limited

No Cost

To **REGISTER** for this six-week
workshop, please contact:

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