

Hit the reset button and start the new year fresh as it's time to...



If you have diabetes or an ongoing health condition, then a **"Take Charge" workshop** is a good fit for you! Join us from the comforts of your home to build skills and gain confidence in managing your health.

Workshops meet once a week for six weeks and last 2.5 hours with a built-in break. AgeOptions staff can provide technical assistance to help you access Zoom.

Topics discussed during Take Charge Workshops:

- Healthy eating, physical activity and exercise
- Communication with family, friends and doctors
- Decision making and problem solving
- Weekly goal planning and many more!



Take Charge of Your Diabetes

Designed for people with diabetes, pre-diabetes and caregivers.

Meets Wednesdays via Zoom

January 27 - March 23, 2021

1:00 p.m. - 3:30 p.m.

Register Online: bit.ly/TCDJan27

Phone: Peggy Tully (708)383-0258

Email: peggy.tully@ageoptions.org

Take Charge of Your Health

Designed for people with ongoing health conditions and caregivers.

Meets Saturdays via Zoom

January 9 - February 13, 2021

10:00 a.m. - 12:30 p.m.

Register Online: [bit.ly/HBHealth Jan9](https://bit.ly/HBHealthJan9)

Phone: (773)388-8894

Email: theagingproject@howardbrown.org



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

Meets Tuesdays via Zoom

January 19 - February 23, 2021

1:00 p.m. - 3:30 p.m.

Register Online: bit.ly/HealthJan19

Phone: Peggy Tully (708)383-0258

Email: peggy.tully@ageoptions.org

If you have any questions about virtual workshops please call the Health Promotion Team at AgeOptions at (800)699-9043 or email TakeCharge@ageoptions.org