

# Join us for an upcoming **VIRTUAL** **Diabetes Self Management Workshop**

This workshop will teach you a variety of strategies to help you improve your health and well-being at **no cost to you!**

## Topics include:

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

# Get Healthy North Country

Community Integrated Health Network | [gethealthynoco.org](http://gethealthynoco.org)

Be Fit  
Be **Healthier**  
Be The Best  
Version Of You

To reserve your spot call **Julie** at 315-705-9415 or email [julie@gethealthyslc.org](mailto:julie@gethealthyslc.org)

Sessions are VIRTUAL and run for six weeks on Wednesday's, starting **October 4, 2023** through **November 8, 2023** from **1:30pm - 4:00pm**

Sessions occur on October 4th, 11th, 18th, 25th, November 1st and 8th

◆◆ **IN-PERSON WORKSHOPS AVAILABLE THIS FALL!** ◆◆



For more information and upcoming workshops, visit <https://gethealthynoco.org>