

Diabetes Self-Management Workshop

THE WPCOG AND THE BURKE COUNTY HEALTH DEPARTMENT
INVITE YOU TO A **FREE** SIX WEEK PROGRAM TO HELP YOU LEARN
TO LIVE A HEALTHY LIFE WITH DIABETES



Every Tuesday for 6 weeks
February 28th—April 4th, 2017

Time: 4:00—6:30 pm

NC Cooperative Extension Office

130 Ammons Dr. Morganton

Call Sarah Evitt to Register

Class size is limited !

(828) 485-4216

Living Healthy with Diabetes was developed by Stanford University
and will help you or someone you know how to

- ⇒ Manage symptoms including fatigue and depression
- ⇒ Use relaxation techniques
- ⇒ Eat healthy
- ⇒ Improve your communication skills
- ⇒ Use medication effectively
- ⇒ Monitor your blood sugars
- ⇒ Solve problems and set goals
- ⇒ Increase your self-confidence
- ⇒ Feel better and take charge!



Take **CONTROL** of your diabetes!

Sponsored by:



The Burke County
Health Department