



I have
diabetes.
It doesn't
have me.

Living Healthy with Diabetes is a workshop that will help you take control of your Diabetes rather than letting it control you!

If you have diabetes and you want to learn more about managing your disease, *Living Healthy with Diabetes* is for you. By attending this workshop one time per week for 6 weeks, you will learn how to:

- Manage symptoms
- Communicate effectively with your doctor and other health care professionals
- Lessen your frustration
- Fight fatigue & pain
- Eat healthier & read nutrition labels
- Keep your blood sugar in check
- Make daily tasks easier
- AND...Get more out of life!

Location: Korth Senior Center, 309 W Englewood, Stockton

Date: March 11 - April 15, 2014

Time: Tuesdays from 1 p.m. to 3:30 p.m.

RSVP: Call 417-276-5306 to register ~ Space is Limited! ~

Cost: \$20 for entire 6 week workshop