

# Live Well Be Well

TAKE CHARGE OF YOUR HEALTH

## WHO SHOULD ATTEND

Anyone living with **Type 1 or Type 2 diabetes** **OR** anyone who is a **caregiver** for someone with diabetes.

## WHAT YOU'LL LEARN

- Building a more effective relationship with your doctor
- Solving problems
- Exploring an exercise routine
- Communicating with family and friends about your condition
- Eating tips to help you feel better
- Managing your medications
- Setting and achieving goals
- Dealing with pain, frustration, isolation, lack of energy

Developed at Stanford University, this evidenced-based self management program has produced the following outcomes:

- Reduction of days in the hospital
- Reduction of emergency room visits
- Increased feeling of control of your life
- Improved quality of life
- Increased energy levels
- Significantly improved overall health status
- Reduced healthcare costs

## CLASS MEETS

### WHEN

Every **Thursday afternoon** for 6 weeks  
**June 6, 2019 – July 18, 2019**  
- Excluding July 4, 2019 (Holiday)  
All sessions meet **1:00 pm - 3:30 pm**

### WHERE

John A. Logan College  
West Frankfort Extension Center  
19 West Frankfort Plaza  
**West Frankfort, IL 62896**

**FREE** **6 WEEK**  
**DIABETES**  
**WORKSHOP**

Class size is limited - Register early!



**DSMP**

Register Or More Information



**CALL**  
**866.744.2468**



**ONLINE**

[hsidn.org/takecharge](https://hsidn.org/takecharge)