

# LiveWell 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

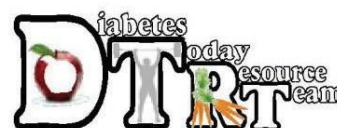
Every Monday morning for 6 weeks  
April 22, 2019 – June 3, 2019,  
Excluding May 27 (Memorial Day)  
9:00 am - 11:30 am

### WHERE

Jackson County Health Department  
Back Building  
415 Health Department Road  
Murphysboro, IL 62966

**FREE** 6 WEEK  
DIABETES  
WORKSHOP

Class size is limited -Register early!



**DSMP**

Register Or More Information



CALL Lea Crabtree

618.684.3143 ext 133

or Online at

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