

# 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 Friday afternoon for 6 weeks  
September 13, 2019 – October 25, 2019  
1:00 pm - 3:30 pm

### WHERE

Sparta Community Hospital  
Suite B, Broadway Plaza  
5 East Broadway Street  
Sparta, IL 62286

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

Class size is limited - Register early!



**DSMP**

Register Or More Information



**CALL**  
618.443.2177



**ONLINE**

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