

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 Wednesday for 6 weeks

September 11, 2019 to
October 16, 2019

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 or

Online at

hsidn.org/takecharge