



FREE WORKSHOP
Do you struggle with
DIABETES?
Learn what YOU can DO to
MANAGE your health

The Diabetes Self-Management Program provides tools for changing your lifestyle, while learning about your diabetes and the way it affects your life. Enjoy the benefits of a healthier, more energetic lifestyle!



Make healthy food choices and plan healthy meals.



Increase physical activity and exercise safely.



Understand the disease.



Communicate effectively with your health team.



Set goals.

- **Space is limited!**
- **Please register in advance**
- **Be prepared to attend all sessions**

When:

February 13 through

March 19, 2020

6 Thursdays

9:30 a.m. to 12:00

Where:

**Country Lane Senior Living
2401 Country View Lane
McKinney, TX 75069**

To register:

Contact: Laura Wolfe

Phone: 800-272-3921

Email: lwolfe@nctcog.org

Also great for caregivers!



Funded in part by Texas Health and Human Services. A Program of the North Central Texas Council of Governments.

For more information contact the Area Agency on Aging at 1-800-272-3921