



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

The [Diabetes Self-Management Program](#) provides tools to change 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 diabetes.**



**Communicate effectively with your health team.**



**Set goals.**

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

### **When:**

**Every Tuesday**

**April 7<sup>th</sup> – May 12<sup>th</sup>**

**2:00 p.m. – 4:30 p.m.**

**(six consecutive sessions that build upon each other)**

### **Where:**

**Glen Rose Medical Center  
Behavioral Health Building  
1021 Holden Street  
Glen Rose, Texas 76043**

(located behind hospital, diagonally across from the Emergency Room entrance)

### **To register:**

**Contact: Diane Rudisaile**

**Phone: 254-898-9035**

**Email: [drudisaile@grmf.org](mailto:drudisaile@grmf.org)**

***Also great for caregivers!***



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