



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

The Diabetes Self-Management program provides tools for lifestyle changes 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:

March 17 through
April 21, 2020

6 Tuesdays

1:00 p.m. to 3:30 p.m.

Where:

Gardens of Mabank
120 Gardendale
Mabank, TX

To register:

Contact: Sherry McGraw

Phone: 903-867-6008

Email:

manager@gardensofmabank.com

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