



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:

April 17 through

May 22, 2020

6 Fridays

9:30 a.m. to 12:00

Where:

Sam Johnson Recreation
Center
Plano Senior Center
401 W. 16th St.
Plano, TX

To register:

Contact: Pam Perry

Phone: 972-941-5671

Email: pamelape@plano.gov

Also great for caregivers!



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