

Sick and tired of diabetes controlling your life? Take charge of your diabetes!

Learn what you can do to take control of diabetes, rather than letting diabetes take control of you!



Who Should Attend

People with diabetes and their caregiver. This workshop is designed to address the social and psychological adjustments to living with diabetes. This is a supplemental workshop to a skills course taught by a health care professional.

Workshop Information

Developed by Stanford University and offered by Weld Area Agency on Aging, these workshops are **FREE** for participants 60 years or older. Each weekly session is 2 ½ hours for 6 weeks.

What You Will Learn

- How best to work with your health care provider
- Preventing or delaying complications
- Preventing low blood sugar
- Reading nutrition labels
- Healthy eating
- Physical activity & exercise
- How to design your own self-management program

Register Now Space is limited!

For more information, or to enroll, contact us at:

(970) 346-6950

Workshops are held throughout Weld County, please call for more information about a workshop near you.