



Sick and tired of diabetes controlling your life?

**Attend Be Well with Diabetes and 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

Older adults with diabetes and their caregiver. The workshop addresses the social and psychological adjustments to living with diabetes. Learn the skills needed to deal with life changes and emotions that come with 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. Donations accepted.

## What You Will Learn

- How best to work with your healthcare 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

**Must Register** Space is limited!

Call Whitney to enroll or for more information.

**(970) 400-6117**



**Weld County Area Agency on Aging**

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