## Diabetes Self-Management Workshop

THE WPCOG AND THE BURKE COUNTY HEALTH DEPARTMENT INVITE YOU TO A FREE SIX WEEK PROGRAM TO HELP YOU LEARN TO LIVE A HEALTHY LIFE WITH DIABETES



Every Tuesday for 6 weeks
February 28th—April 4th, 2017
Time: 4:00—6:30 pm
NC Cooperative Extension Office

130 Ammons Dr. Morganton

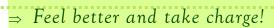
Call Sarah Evitt to Register

Class size is limited!

(828) 485-4216

Living Healthy with Diabetes was developed by Stanford University and will help you or someone you know how to

- $\Rightarrow$  Manage symptoms including fatigue and depression
- ⇒ Use relaxation techniques
- ⇒ Eat healthy
- $\Rightarrow$  Improve your communication skills
- $\Rightarrow$  Use medication effectively
- ⇒ Monitor your blood sugars
- ⇒ Solve problems and set goals
- ⇒ Increase your self-confidence





Sponsored by:



The Burke County Health Department ot your diabetes