



Living with

Diabetes

Fatigue

Hypoglycemia

Hyperglycemia

Hypertension

Depression

Cholesterol

Frustration

Stress

or with other
long-term
conditions?

Learn to take control of your Diabetes!

We will be raffling a **\$25 gift card** at the end of the workshop. Participants will receive the book *“Living a Healthy Life with Chronic Conditions”*. To be a full participant people *need to attend 4 out of the 6 weekly sessions*.

If you don't want to attend alone bring a friend with you, the program is open to anyone 18 and older with diabetes.

Diabetes Self-Management

Wednesdays – April 19, 26 & May 3, 10, 17, 24

9:30 to 12:00 pm

Hosted at: Sharon Adult Center

219 Massapoag Ave, Sharon, MA

For more information or to register contact:

Sharon Adult Center – 508-784-8000

The courses meet for 2 1/2 hours per week for six weeks. During these six weeks you will learn:

- Techniques to deal with diabetes symptoms, fatigue, pain, and hyper/hypoglycemia
- Better nutrition and exercise choices
- How to improve your patient/physician relationship
- Medications & Management
- Skills to manage symptoms