



Mondays 6:30-8:30 pm

October 11-November 15

HEALTHY U DIABETES SELF-MANAGEMENT WORKSHOP

Participants learn proven strategies to better manage their Diabetes. Designed for those with Type II Diabetes or Pre-Diabetes and their caregivers.



Topics Include:

Setting and achieving personal goals

Strategies to deal with stress and fatigue

Strategies for sick days

How to be physically active and healthy eating

How to use medications safely

Better ways to communicate with your healthcare team

Sponsored by Living Pathways Without Walls

COAAA Central Ohio Area Agency on Aging

HEALTHY U

Put Life Back in Your Life with Healthy U Diabetes Self-Management workshop. Join FREE virtual six-week session.

FREE workshop materials sent to your home!

Registration deadline Sept. 30

Please plan to attend all six sessions. Registration required to receive materials and zoom link.

To register contact Carlotta at chughesculp@gmail.com or 614-626-7005 with your name, phone number and /or email address.

9/21/21



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