

DIABETES SELF



Aging Well

Enjoy connecting with others

Come join those with similar concerns about physical and emotional health. Skills learned will help you better manage diabetes symptoms; and be more physically and socially active.

During six weeks of class you will discover:

- Techniques to deal with diabetes symptoms
- Better nutrition and exercise choices
- How to improve your patient/physician relationship
- Medication & treatment decisions
- Managing difficult emotions that accompany your health condition

Manage Your Health & Improve Your Well-Being

Learn to take control of your diabetes.

Living with fatigue, hypoglycemia, hyperglycemia, depression, anxiety, chronic pain, frustration, and stress?

Do you have another long-term health condition you are having to manage?

**MY LIFE, MY HEALTH
DIABETES SELF-MANAGEMENT PROGRAM
CAN HELP!**

Now accepting registrations!

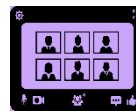
FREE 6-week workshop + Intro session

FROM THE COMFORT OF YOUR OWN HOME

Discover tools that can help you make simple lifestyle changes.



OR



Tele-conference

One hour, one day per week. *
Phone chat (5-6 people). Individual self-study between session required.

Zoom with us

2.5 hours, one day per week. *
On-line video class (8-12 people).

This workshop is open to anyone 18+ diagnosed with diabetes or pre-diabetes.

**Dates will be announced once a minimum number of participants is met.*

CALL Renee for more info & to register



**Renee D'Argento
She/Her/Hers**

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<http://www.baypath.org/Healthy-Aging.html>



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