

AREA AGENCY ON AGING

of Northwest Michigan

LIFE with Diabetes

A Diabetes Self-Management Education Program

Diabetes is for LIFE. So how are you living?

Seven-session LIFE with Diabetes Program

Area Agency on Aging of Northwest Michigan
1609 Park Drive, Traverse City, MI 49686
May/June 2017

- **Individual Session:** *One hour with diabetes nurse educator & registered dietitian (May 8, 9, or 10)*
- **Group Session 1:** *May 23, 10-12:30*
- **Group Session 2:** *May 30, 10-12:30*
- **Group Session 3:** *June 6, 10-12:30*
- **Group Session 4:** *June 13, 10-12:30*
- **Group Session 5:** *June 20, 10-12:30*
- **Group Session 6:** *June 27, 10-12:30*

You Will Learn:

- To manage your ongoing health condition so you can improve your health and feel better
- Ways to deal with difficult emotions and manage stress
- How to develop a healthy eating and exercise plan
- Action-planning, problem-solving and decision-making
- The importance of using a variety of tools to manage diabetes: monitoring, taking medications, avoiding complications, communication, working with health care professionals

No cost to attend. Space is limited (10-15 participants).

Caregiver or family member welcome to attend sessions.

Self-referrals accepted; Physician referral will be requested after registration.

Pre-registration required by April 28, 2017.



Register with Sharon at
1-800-442-1713

www.aaanm.org/workshop-registration

