

Do you Struggle with...DIABETES?

Learn what YOU can DO to MANAGE your health

Diabetes Self-Management Program ©

Each program offered in weekly classes – 2 ½ hours each week for 6 weeks

No charge

Space is limited

Pre-registration is requested

Classes coming to your area

Topics –

- Understanding the Disease
- Selecting healthy foods
- Planning healthy menus
- Staying active
- Dealing with stress
- Delaying complications
- Learning to communicate with your family and healthcare team
- Setting goals

Where:

Central Texas Council of
Governments
2180 N Main
Belton

When:

Tuesday mornings
July 25 – Aug 29
9 – 11:30 AM

To register or for more information, please contact:

Susan Burchfield

254 770-2356

wellnesseducation@ctcog.org

