

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:

Copperas Cove Senior
Activity Center
1012 North Drive

When:

Saturday mornings
August 12 – Sept 23
(skipping Labor Day Weekend)
9 – 11:30 AM

To register or for more information, please contact:

Susan Burchfield

254 770-2356

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