

# 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:

Bartlett Housing Authority  
205 Cryer Drive  
Bartlett

### When:

Friday mornings  
July 7 – August 11  
9 – 11:30 AM

To register or for more information, please contact:

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