

## FREE Diabetes Self-Management Workshop

### A SIX WEEK PROGRAM TO HELP YOU LEARN TO LIVE A HEALTHY LIFE WITH DIABETES

In North Carolina...

- ◆ Nearly 1 in 5 people have diabetes or is at risk of developing it.
- ◆ Diabetes is the 7th leading cause of death, mortality rates are higher in men and in African Americans.
- ◆ Diabetes costs North Carolina \$5.3 billion annually in medical care, lost productivity, and premature mortality.

Classes will be held at the **Greene County Senior Center**  
on **104 Greenridge Road-Snow Hill, NC**

**Starting Monday, October 10th, 2011!**

**Living Healthy with Diabetes** was developed at **Stanford University** and will help you or someone you know to better...

- ◆ Manage symptoms including fatigue and depression
- ◆ Use relaxation techniques
- ◆ Eat healthy and plan meals
- ◆ Improve communication skills
- ◆ Use medication effectively
- ◆ Monitor blood sugar
- ◆ Solve problems and set goals
- ◆ Increase self-confidence
- ◆ Feel better and take charge!



**\*Schedule:** From 1:00-3:00 on Mondays, starting Oct. 10th, and ending on Nov. 14th. Refreshments will be provided during the workshops. For more information, or to register, please call the Greene County Senior Center at 252-747-5436.