

# Diabetes Self Management



**Healthy U Diabetes** is a free, six week workshop that helps participants learn proven strategies to manage Type 2 Diabetes. Open to anyone 18 or over who has, or cares for someone who has a Type 2 Diabetes.



## Participants say:

*Now I know I'm not alone.*

*I feel healthier and smarter and more aware of my health.*

*This workshop showed me I can take control of my future.*

## Online Workshop



**Join a Healthy U Online Workshop from the comfort & safety of your own home.**

Participants must have internet access with camera and microphone. If you are new to videoconferencing, an orientation session is available in advance.

## Upcoming Online Workshop

Six weekly sessions

**Tuesday afternoons, March 3 through April 7, 1:00—3:30 pm**

There is no charge, but you must register in advance. Register by February 19th to reserve one of the limited spots and ensure that the workshop materials arrive before the first session.

For questions and to register, contact Susan Finster at 937-376-5486 x119 or [susan.finster@gccoa.org](mailto:susan.finster@gccoa.org)

## Topics include:

- Setting and achieving personal health goals
- Using good nutrition to improve health and control symptoms
- Strategies to deal with stress, fatigue, pain and depression
- Using physical activity to maintain & improve strength, flexibility, and endurance
- Using medications safely and appropriately
- Talking with your doctor and your family about your health

## Healthy U Diabetes is for you if you:

- Live with Type 2 diabetes and perhaps other chronic conditions
- Feel limited in your daily activities
- Feel tired, alone, or fearful because of your health
- Are looking for better ways to manage your diabetes.