

CONTROL YOUR DIABETES

Join us for a Diabetes Self-Management Program

a Self-Management Resource Program with the Self-Management Resource Center

Do you have diabetes or provide care for someone with diabetes??

Join us for a class that gives you the tools to feel better:

- Manage the symptoms of diabetes.
- Have higher energy and physical activity levels.
- Lower blood sugar.
- Lessen feelings of depression, anger and frustration.



The Area Agency on Aging District 7 (AAA7) is happy to sponsor a class near you!

Classes are FREE and meet once a week for six weeks.

For more information about joining us at an upcoming class or scheduling a class in your community, call the AAA7 at:

1-800-582-7277

extension 247 or 284

or e-mail info@aaa7.org

