

Take control of your diabetes!



Living Healthy with Diabetes is an evidence-based, diabetes self-management program originally developed at Stanford University. The program is designed for individuals with prediabetes, diabetes or at risk for diabetes who want to better manage their health.

Living Healthy with Diabetes can help you:

- Better manage your blood glucose
- Eat well
- Increase endurance, strength, & flexibility
- Use medication effectively
- Manage pain, fatigue & depression
- Solve problems and set goals □□ Feel better and take charge!

Living Healthy with Diabetes provides:

- Weekly sessions for 6 weeks
- A copy of "Living a Healthy Life with Chronic Conditions" book

Anyone living with pre-diabetes, diabetes, or at risk for diabetes should join this program.

Program Dates: Tuesday - Thursday, May 3 - June 7, 2021 *(total of 6 sessions - must be able to attend at least 4 sessions)*

Time: 9:00 am -11:00 am

Program Fee: No cost to you!

(Program valued over \$400)

Location: Gaston County Senior Resource Services Center
1303 Dallas-Cherryville Highway, Dallas, NC

Facilitators: Farrell Breithaupt
Linda Lewallen

Registration: Pre-register no later than May 11th, 2021:

Phone: 704.922.2170

704.825.4678

Email: bbreithaupt@carolina.rr.com

For accommodations for persons with disabilities, contact 707.862.7540 no later than 5 business days before event.

