

Do you have pre-diabetes or diabetes? If so, then a Take Charge of Your Diabetes workshop is a good fit for you!

What is Take Charge of Your Diabetes?

Take Charge of Your Diabetes is an interactive workshop for people with diabetes or pre-diabetes and their caregivers. Participation in a workshop provides skills and tools to help you make meaningful and lasting changes to your health so that you can live an active, fulfilling life. Workshops are also available in Spanish.

Who should attend a workshop?

- Adults diagnosed with pre-diabetes or diabetes and their caregivers
- Adults whose health problems have begun to interfere with daily activities
- Adults who have had challenges following health recommendations

Benefits to join a workshop:

- Helps to lower A1C levels
- Increase physical activity
- Increase confidence in managing symptoms
- Decrease pain and depression
- Less frustration or worry about health



Topics covered during workshop sessions:

- Nutrition, healthy eating and menu planning
- Physical activity and exercise
- Medication management, monitoring and foot care
- Working more effectively with health care providers
- Problem solving, decision making, goal setting and many more

Duration of a workshop:

- Workshops meet weekly for six weeks for 2.5 hours with a built-in break
- Workshops meet in person at convenient community and clinical settings OR virtually (**technical assistance is provided**)

How do I join a workshop?

- To find a workshop near you or for more information, call the number below or email the Health Promotion Team at AgeOptions.