



“The workshop helped me understand that I’m not alone.”
 Living Healthy participant

Sponsored by:

**Isothermal Planning & Development Commission
 Area Agency on Aging**

**NC Cooperative Extension
 Cleveland County Extension Center (NCCE)**

**John Knox Presbyterian Church
 Shelby, NC**

(Spaces are limited to 20)



Join a FREE 2 ½ hour Living Healthy with Diabetes workshop, held each week for six weeks:

**February 3, 10, 17, 24,
 March 3, 10, 2014
 5:30-8:00 PM**

**John Knox Presbyterian Church
 704.487.7953**

Learn from trained volunteers and professional leaders with health conditions themselves on how to better manage your diabetes.

Set your own goals and make a step-by-step plan to improve your health – and your life.

Facilitators:

*Debbie Vaughn, Life
 Enrichment Center
 704.739.4858*

*Nancy Abasiokong, NC
 Cooperative Extension
 Cleveland County Center*

For more information call:

*Nancy Abasiokong, NCCE
 704.482.4365*

**Living Healthy with
 Diabetes**

**February 3, 10, 17, 24,
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**John Knox Presbyterian
 Church**

**610 Charles Road
 Shelby, NC 28152
 704.487.7953**

Learn how to feel better...healthier...happier

Our **FREE**, six-week **Living Healthy with Diabetes** workshop is designed to help you better manage your Diabetes and gain control of your health!

Living with or caring for someone with Diabetes can affect your quality of life. This workshop will give you the support you need to find practical ways to deal with your condition, discover better nutrition and exercise choices, and learn better ways to talk with your doctor and family about your health.

Are you sick and tired of being sick and tired?

There is help!

You don't have to stop doing the things you love to do. The key to getting the most out of life is learning to manage your symptoms.

No matter your situation, Living Healthy with Diabetes can assist you in taking control of your chronic health condition.

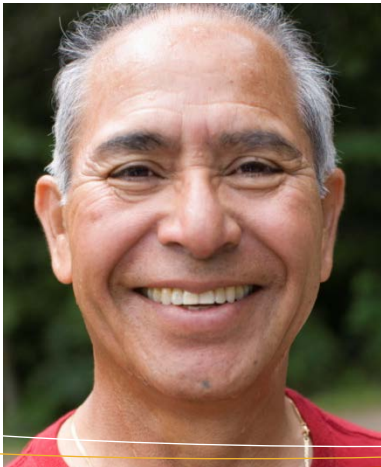
If you have Diabetes, this course could make all the difference. A caregiver or relative is welcome to attend with you. They too will benefit.

How does it Work?

Workshop - 2 ½ hour session once a week for 6 weeks, **5:30-8:00 PM.**

Living Healthy with Diabetes will help you learn how to:

- ✓ Manage symptoms
- ✓ Communicate effectively with your doctor and other healthcare professionals
- ✓ Lessen your frustration
- ✓ Fight fatigue
- ✓ Build your confidence
- ✓ Eat healthy
- ✓ Monitor your blood sugar
- ✓ AND... get more out of life!



To register for the workshop, please call:
Cleveland County Cooperative Extension Center
704.482.4365

