

TAKE CONTROL of *YOUR* Diabetes!

DIABETES SELF-MANAGEMENT PROGRAM

WHO COULD BENEFIT?

Anyone 60 years or older who:

- is living with Type 2 Diabetes, Prediabetes, or family members
- is interested in symptom and treatment management
- wants to learn proper exercise and nutrition
- wants to know what questions to ask

YOU WILL LEARN TO:

- Prevent Low Blood Sugar
- Monitor Nutrition
- Plan Low Fat Meals
- Talk with Your Doctor
- Care for Your Feet
- Set Weekly Goals
- Control Stress

****UPCOMING WORKSHOP****

**Buda Municipal Building
405 E Loop St, Building 100
Library Classroom 1005
Buda, TX 78610**

**Wednesdays
September 5 – October 10
9 – 11:30 a.m.**

REGISTRATION IS REQUIRED

Class size is limited

No Cost

To **REGISTER** for this six-week workshop, please visit:

<http://ow.ly/Yrit30lpSt9>

or contact

Jessica Martone at

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Presented by

***Area Agency on Aging of the Capital Area and
the Buda Task Force on Aging***