



Diabetes Self-Management

Don't let diabetes control your life.

If diabetes keeps you from doing the things you enjoy, our Diabetes Self-Management Workshop can help. With a focus on improving your health and quality of life, you'll meet in a small group with your peers and a leader who understands what it's like to live with diabetes. You'll set and track goals; gain confidence and emotional strength to manage diabetes; practice how to fit diabetes care into all parts of your daily routine; and find ways to get support.

Countryside YMCA

1699 Deerfield Rd. Lebanon, 45036

Mondays | 10:30 – 12:30 p.m.

October 7 – November 18

(Note: No workshop on Veteran's Day November 11th.)

Registration closes September 30



To register for this free workshop, visit

www.help4seniors.org/workshops

or call (513) 345-8637.

