



“The workshop helped me understand that I’m not alone”.
--Class participant



Public Health
Prevent. Promote. Protect.
**Macon County
Health Department**



Join a FREE 2 ½ hour **Take Charge of Your Diabetes** workshop, held each week for six weeks.

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.

For information about upcoming class dates, times, and locations, please call the Macon County Health Department at (217) 423-6550 ext: 1511.

**TAKE
CHARGE
OF YOUR
DIABETES**

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

Our **FREE**, six-week **Take Charge of Your 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.

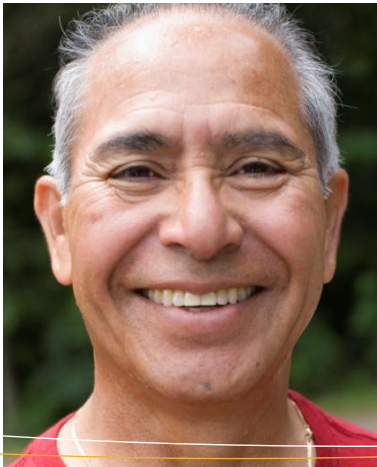
If you have Diabetes, this course could make all the difference. A caregiver or relative is welcome to attend with you. They too will benefit.

How does it Work?

2 ½ hour session once a week for 6 weeks.

Take Charge of Your 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, get more information or find out when the next workshop starts, please call:
(217) 423-6550 ext: 1511.

