

# Diabetes Self-Management Workshop

Designed for people with diabetes or the caregivers of someone with diabetes, this program has proven success building the participants confidence in their ability to manage their health and maintain active and fulfilling lives. FREE Workshop. Each participant in the workshop receives a FREE copy of the companion book, *Living a Healthy Life with Chronic Conditions*, 4th Edition, and Relaxation CD.

**Conrad House at Brevalier Village**

**5436 East Lake Road**

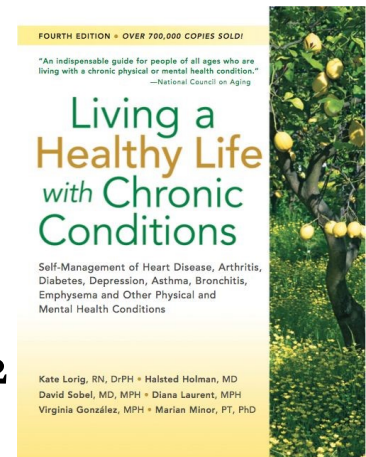
**Erie, PA 16511**

**Mondays, March 2—April 6**

**From 1—3:30 pm**

**Sign up at the center or call Amy at 453-5072**

**Minimum 10; Maximum 18 Participants**



## ***Participants will learn:***

- Techniques to deal with fatigue, pain, hyper/hypoglycemia, stress, and emotional problems
- Appropriate exercise for maintaining and improving strength, flexibility, and endurance
- Appropriate use of medications
- Communicating effectively with family, friends, and health professionals
- Nutrition

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