

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.

LECOM Medical Fitness and Wellness Center

5401 Peach Street

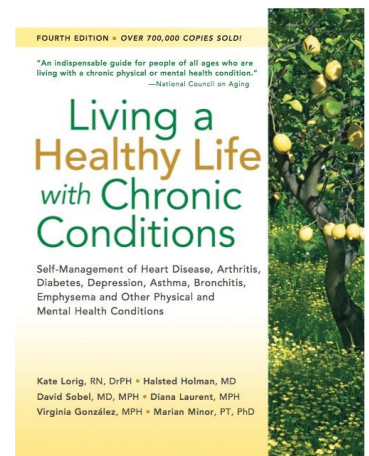
Erie, PA 16509

Thursdays, March 12—April 16

From 5—7:30 pm

RSVP to Amy at 453-5072 Ext. 102

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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