

Are you living with Type 2 Diabetes, pre-diabetes, or other chronic conditions such as asthma, arthritis, heart disease, or other life-long conditions?

Want to better manage your conditions and feel healthier??

The Area Agency on Aging District 7 is here to help!!



Diabetes Self-Management Program

**CLASSES ARE FREE
OF CHARGE!**

Be part of a small group workshop that meets once a week for six weeks. You'll find the support you need and:

- Find practical ways to deal with pain, fatigue and depression.
- Discover ways to be more physically active.
- Eat healthier and manage your diet.
- Learn better ways to talk with your doctor and family about your health.
- Monitor your blood sugar.
- Find ways to relax and deal with stress.



Contact your local Area Agency on Aging District 7 to learn more about times and locations of upcoming programs in your area!

For more information, call the Area Agency on Aging District 7 at:

1-800-582-7277, extension 284 or 247.

The program is made possible by a joint effort of the Ohio Department of Health, the Ohio Department of Aging, and the Area Agency on Aging District 7.