



# **Wellness Tip of the Week**

with the Area Agency on Aging District 7

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## **Diabetes Self-Management**

Living with diabetes or caring for someone who is living with diabetes? Our Diabetes Self-Management Program can help you learn valuable tools and ideas to help manage diabetes. For more information about registering for an upcoming telephone class, call 1-800-582-7277, ext. 247 or e-mail [info@aaa7.org](mailto:info@aaa7.org).