

# CONTROL YOUR DIABETES

Join us for a Telephone Diabetes Self-Management Program

Sponsored by the Area Agency on Aging District 7 (AAA7)

**Do you have diabetes or provide care for someone with diabetes??**

**Join us for a class that gives you the tools to feel better:**

- Manage the symptoms of diabetes.
- Have higher energy and physical activity levels.
- Lower blood sugar.
- Lessen feelings of depression, anger and frustration.



**Join us by telephone!!**

Thursdays from November 5<sup>th</sup> – December 10<sup>th</sup>  
10:30 am – 11:30 am ▪ Weekly Call In  
Pre-registration is required by October 26<sup>th</sup>

- Must be 60 or older to participate.
- Must reside in one of the following counties in Ohio: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto or Vinton.
- Those who are interested must pre-register for the class. Once registered, participants will receive a free Diabetes Self-Management kit in the mail and the conference call information prior to the start of the class. Contents in the kit will be used for the weekly calls.
- Participation in the weekly telephone conference calls is required to receive the kit at no cost.

For more information or to register, call the AAA7 at:  
**1-800-582-7277 ext. 247** or  
e-mail [info@aaa7.org](mailto:info@aaa7.org)

