



ATLANTA REGIONAL COMMISSION



Healthy Changes for Living with Diabetes

(Diabetes Self-Management Program)

Struggling with symptoms of type 2 diabetes? Join this 6-week program to help you enjoy a healthier life! Living well means coping with ongoing health conditions and symptoms such as:

**Fatigue • Stress/Anxiety • Difficult emotions • Weight Gain
Low Blood Sugar • Feeling Faint or Weak • Poor Sleep
• Medication Usage and more!**

***Living Well* workshops will teach you:**

- ✓ Pain and depression management
- ✓ Foot Care
- ✓ Preventing low blood sugar
- ✓ Better management of medication usage
- ✓ Decision-making and goal-setting
- ✓ Strategies for Sick Days
- ✓ Communication with family, friends, and health professionals
- ✓ Healthy eating and menu planning
- ✓ Relaxation techniques

FREE WORKSHOP

May 2 – June 6, 2018

5:30p – 8:00p

(Group meets once a week on Wednesdays for six weeks)

Metropolitan Library

1332 Metropolitan Avenue

Atlanta, GA 30310

To Register Contact: Lynda Conner (470)378-1630 or lconner@atlantaregional.org