

Taking Control of Your Health Diabetes Self-Management Education*



Developed at Stanford University, this Diabetes Self-Management workshop is **fun**, **interactive** and will **empower you** to:

- Stay active and eat well
- Manage stress and difficult emotions
- Manage your medications
- Learn tools to manage your symptoms
- Come up with an action plan for healthier living

Need HELP Managing Diabetes?
If so, this workshop for you!

Have questions about the workshop?

Want to reserve your seat?

Contact Kim Mathis

Phone: (940) 999-1024

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Register now. CLASS LIMITED TO 18 PEOPLE and will fill up quickly!

First McKinney Baptist Church

1615 W Louisiana St
McKinney, Texas 75069

April 25 – May 30, 2019

9:00 am – 11:30 am

(6 Thursdays)



Funded in part by Texas Health and Human Services Commission. A program of the North Central Texas Council of Governments.



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.