

# Control your diabetes, don't let it control you!

## Join a Diabetes Education workshop

If you, or someone you care for has diabetes, you know that it can feel like it's taking over your life. The good news is that there are things you can do to feel better and take control of your health.

- Understand what your blood sugar level is telling you
- Make your diet work for you not against you
- Manage stress and difficult emotions
- Exercise to take care of your health
- Learn to talk to your doctor about your symptoms
- Set goals for your health—and stick to them!



“If people are diabetic they should run here, not walk.” *Carmella, Wilkinson Senior Center, Northridge*

“I really appreciate the trainers. They're well trained and they're doing a fantastic job.” *Marleen, El Monte Library*

**Space is limited. Sign up NOW for six FREE 2.5 hour sessions.**

Location:

Add copy here

Dates:

Add copy here

Time:

Add copy here

Contact:

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