Take Charge of Your Diabetes!

REGISTRATION FORM

Name

Address

City/State Zip

Phone

Trainer Contact

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Visit the UT Extension Health Program Web site at
http://fcs.tennessee.edu/healthsafety

Visit the Claiborne County Extension Web site at
https://utextension.tennessee.edu/claiborne

February 6, 13, 20, 27, March 6, and 13

Take Charge of Your Diabetes!

A six week program to help you to — improve your health one step at a time.

Real. Life. Solutions.
Take Charge of Your Diabetes is a fun, skill-building program designed for persons with diabetes. The program helps individuals take day-to-day responsibility for their diabetes care. Participants gain skills necessary to self-manage their diabetes and work effectively with their health care professionals.

Things You Will Learn in Each Session

Session 1:
Common problems with diabetes, diabetes as a chronic condition, self-management tools, blood sugar monitoring, healthy eating

Session 2:
Facts about carbohydrates, formula for a healthy eating plan, symptoms of low blood sugar, preventing low blood sugar

Session 3:
Preventing and delaying diabetes complications, planning low fat meals and snacks, role of physical activity and exercise, dealing with stress, muscle relaxation techniques

Session 4:
Dealing with anger, fear and frustration; reading nutrition labels; endurance activities; guided imagery; managing depression,

Session 5:
Positive thinking, solutions for communication problems, role of medications in blood sugar control, ways to remember to take medications, medication effects;

Session 6:
Blood sugar control during sick days, proper foot care, ways to talk to your doctor, plan for dealing with diabetes in the future

Who Can Take Part?

- Anyone living with diabetes
- Family member, friend, or caregiver of an individual with diabetes.

Program Details

- 6-week program (6 sessions, 2 hours per session)
- Cost—no cost
- Registration is required: call or email to register
- Date: Begins February 6, 2015
- Time: 9:00 a.m.—11:00 a.m. at Servolution
1:00 p.m.—3:00 p.m. at Claiborne County Health Department
- Location: Servolution Health Services in Speedwell
Claiborne County Health Department in New Tazewell