

Staying Healthy at Home with The Dallas Area Agency on Aging



Diabetes Self-Management Virtual Workshop

Have you been diagnosed with pre-diabetes, Type II Diabetes, or know someone who has been? Our Diabetes Self-Management Workshop helps those living with diabetes or pre-diabetes to improve their general health.

Manage your diabetes and improve your general health by learning to:

- Find practical ways to deal with symptoms of diabetes, including fatigue, pain, hyper/hypoglycemia, stress, and emotions such as depression, anger, fear and frustration
- Discover better nutritional and exercise choices/options
- Learn better ways to talk to your doctor and family about your health
- Set weekly action plans, problem solve health issues and get much needed support
- Prevent or delay complications

This 6-week workshop meets over a virtual Zoom class once a week for 2.5 hours. Participants that attend the workshop will receive a free copy of the Living a Healthy Life with Chronic Condition book, and a Relaxation for Mind and Body CD.

To register for a program or get more information click here:

Questions: Email: empoweryou@ccgd.org

Main number: 214-871-5065 and ask for An Evidence Based Team Member.