



**Better Choices,
Better Health™**

*Stanford University self-management workshops,
brought to you by Texas Healthy Lifestyles.*



Diabetes Self-Management Program

Learn to thrive and not simply survive with diabetes

A **Free** six-week workshop

- Managing symptoms
- Exercise and Nutrition
- Stress Management
- Getting a good night's sleep
- Talking with your doctor
- Making informed treatment decisions
- Dealing with emotions and depression
- Communicating with family and friends
- Medication usage
- Setting weekly goals

This workshop does not require a doctor's order or replace any of your existing programs or treatments.

This is a Stanford University Self-Management workshop which offers behavior modifications and has been proven to empower participants by encouraging them to manage their own health and make lifestyle changes that will improve their overall well-being.

When: Thursdays 2/7/2019 to 3/14/2019 2-4:30
Where: South Waco Library
2737 S 18th Street
Waco, TX 76706



**MUST REGISTER IN ADVANCE!!!
CLASSES MEET ONCE A WEEK FOR SIX WEEKS!**

By Calling Joanna Adcock at 254-292-1857 or

This program is funded by the Area Agency on Aging