

Tools for Better Health

Ottawa County

Join us at the **Diabetes Self-Management Workshop**

If you are living with diabetes, or are a caregiver of someone who is, this is for you!

Diabetes Self-Management Education (DSME) workshops are **interactive learning** opportunities that teach techniques to **manage common symptoms**. Workshops are **low-cost** and led by **trained leaders** who are also living with an ongoing health condition.

Workshops will cover the following topics:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress and emotional issues like depression, anger, fear and frustration
- Appropriate exercise for maintaining and improving strength and endurance
- Healthy eating
- Appropriate use of medication
- Working effectively with healthcare providers.

*Workshops will be held Tuesdays from **June 4th to July 9th**,
9:30am to 11:30am at the Ottawa County Health Center, Wampler Meeting
Room \$20 per person, scholarships available upon request*

Reserve your spot by May 28th as space is limited

For more information or to register, contact:

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