



# TAKE CHARGE of your Diabetes



Do you or someone you care about have diabetes or pre-diabetes?

Then Take Charge of Your Diabetes is a good fit for you! Join us to build skills and gain confidence in managing your diabetes and leading an active, fulfilling life. This program is open to those with prediabetes, diabetes and their caregivers. (Must be 18 to join.)



## Topics covered:

- Healthy eating and menu planning
- Physical activity and exercise
- Ways to deal with pain, fatigue, and stress
- Decision-making and problem-solving
- Effective communication with family and health care providers
- Weekly action planning and goal setting



Workshops meet once a week, 2.5 hours each week, for 6 weeks.

**May 6 – June 10**  
**5:30 p.m. – 8:00 p.m.**  
**Messiah Lutheran Church**  
**25225 W. Ivanhoe Rd. Wauconda, IL 60084**

Provided by Advocate Good Shepherd

**Contact: Suzanne 'Sam' Martinez**  
[Suzanne.martinez2@aghs.org](mailto:Suzanne.martinez2@aghs.org)  
847-842-4285

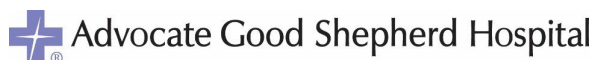
## Benefits of the class:

- Helps to lower A1C levels
- Increase physical activity
- Increase confidence in managing symptoms
- Decrease pain and depression
- Less frustration or worry about health



Connected for Life®

"The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming."



This project was supported, in part by grant number 90CSSG0041-01-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201

# ***Class Schedule***

<b>Day</b>	<b>Date</b>	<b>Session</b>
<b>Tuesday</b>	<b>May 6</b>	<b>Session 1</b>
<b>Tuesday</b>	<b>May 13</b>	<b>Session 2</b>
<b>Tuesday</b>	<b>May 20</b>	<b>Session 3</b>
<b>Tuesday</b>	<b>May 27</b>	<b>Session 4</b>
<b>Tuesday</b>	<b>June 3</b>	<b>Session 5</b>
<b>Tuesday</b>	<b>June 10</b>	<b>Session 6</b>