

TAKE CHARGE OF YOUR DIABETES!

Are you sick and tired of being sick and tired?

There is help!

*Join us for a **FREE**, six-week workshop*

Location: Aging Care Connections

111 W. Harris Ave., La Grange, IL 60525

Time: 1:00 - 3:30pm

Every Tuesday from September 18 to October 23

To register or learn more: Call Jeanne at 708.603.2337

or email jpenton@agingcareconnections.org

Take Charge of Your Diabetes will help you learn how to:

- ❖ Manage symptoms
- ❖ Communicate effectively with your family, doctor, and other healthcare providers
- ❖ Lessen your frustration
- ❖ Have more energy and get relief from pain and fatigue
- ❖ Eat healthy and monitor your blood sugar
- ❖ AND...get more out of life!

Space is limited!

Register today!