

Take Charge of Your Diabetes: The Diabetes Self-Management Program



Wednesdays from 9:00 - 11:30 AM
March 28—May 2, 2018
Neoga Municipal Building
533 Chestnut Avenue, Neoga, IL

Please join Cheri Burcham of University of Illinois Extension and Angie Oldham of Community Care Systems as they help you learn a healthy way to live with diabetes. Participants will learn tools like:

- Healthy eating
- Stress management
- Exercise, flexibility and endurance
- Monitoring blood sugar
- Medication management
- Working with your doctor
- Problem solving around your health condition

**For more
information or to
register call
849-3931 or e-mail
Cheri Burcham at
cburcham@illinois.edu**



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The cost for those that complete the program will be covered by a grant from the Administration for Community Living.