



WANT TO TAKE CHARGE OF YOUR DIABETES?

REGISTER FOR A FREE PHONE WORKSHOP!

Become a Self-Manager!

- ✓ Highly interactive 6-week workshop
- ✓ Weekly sessions - via phone
- ✓ Gain support from others with similar health issues

Upcoming Phone Workshop:

Dates: Wednesdays
- February 21st, 28th
March 6th, 13th, 20th,
and 27th

Time: 2PM-3PM

Held Via Phone

COMMON THREADS – A DIABETES SELF-MANAGEMENT PROGRAM

Do you have diabetes or care for someone who does? Join this evidence-based workshop and learn how to self-manage your condition and symptoms! Topics include:

- ✓ How to address symptoms such as fatigue, pain, low/high blood sugar, stress, and emotional difficulties (depression, anger, fear, & frustration)
- ✓ Improve strength and endurance
- ✓ Healthy eating and menu planning
- ✓ Blood sugar management & proper foot care
- ✓ Communication skills
- ✓ Action planning, decision making, and problem solving

TO REGISTER, CONTACT:

Stephen Merrill, PCA
(215)765-9000 x5123



**REGISTRANTS MUST
BE 60+ AND LIVE IN
PHILADELPHIA**

Philadelphia Corporation for Aging supports this program through Title IIIID funds from the Pennsylvania Department of Aging. This program was developed at Stanford University and is now owned by Self-Management Resource Center, Inc.