DIABETES EMPOWERMENT EDUCATION PROGRAM

The Diabetes Empowerment Education Program is for people aged 60+ living with diabetes or pre-diabetes and who want to make small lifestyle changes while learning about diabetes and the way it affects your health. Have fun while learning how to manage diabetes and prevent complications. Workshops are interactive and involve demonstrations, role play, games, and other engaging activities for group learning. Join and enjoy the benefits of a healthier, more energetic lifestyle!

To participate, you must:
- Be 60 years of age or older
- Have diabetes or pre-diabetes

Topics include:
- What is Diabetes?
- Can I Still Eat Mangoes?
- Move It - Get Your Cha-Cha On
- Diabetes Medicines, Herbs, and More
- Keep Your Diabetes in Check
- Eyes, Teeth, Toes, and Feet - What You Need to Know

Location: Online Live Webinar Series

WHEN: Thursdays, Oct. 1, - Nov. 5, 2020 at 1:00 p.m.

Join us weekly for a series of six live video webinars. Connect using a computer, tablet or cellphone.
Program materials & instructions are mailed to you at no charge.

This program is not a replacement for medical care.
Participants should keep all medical appointments and follow the direction of healthcare providers.

Registration and Information:
Call: Northeast Florida AHEC
904-482-0189 or 877-784-8486

Sponsored by NEFAHEC, ElderSource and the State of Florida, Department of Elder Affairs. Northeast Florida Area Health Education Center (NEFAHEC) a non-profit organization, works in partnership with ElderSource to improve the health and well-being of adults ages 60 and over. Programs are offered at no charge. Service Area: Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties.