# Do you have diabetes? Join the FREE Diabetes Self-Management Program!

**You will learn…**

- Ways to prevent or delay diabetes complications.
- Techniques to manage blood sugar.
- Practical ways to cope with stress, depression, anger, and frustration.
- Strategies for sick days.
- Nutrition and exercise tools.
- How to talk about your health.

**The workshop provides the support you need to maintain or improve your quality of life!**

**Participants get a FREE book: "Living A Healthy Life with Chronic Conditions"**

## LOCATION:

Live Telephone Program

Program materials and instructions are provided and mailed to pre-registered participants at no charge.

Once weekly sessions of six live phone calls are available using a mobile phone, landline, or computer.

## WHEN:

Mondays
Oct. 26 – Nov. 30, 2020

**TIME**: 10:00 a.m.

**Join us, for the once weekly series of six live telephone calls.**

## REGISTRATION REQUIRED:

Call Northeast Florida AHEC

**Phone:** (904) 482-0189

Toll Free: (877) 784-8486

**For people 60 years and up.**

NORTHEAST FLORIDA AHEC
New Directions in Community Health

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Department of ELDER AFFAIRS
STATE OF FLORIDA

**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. The programs are offered, at no charge. The service area includes Baker, Clay, Duval, Flagler, Nassau, St. Johns, and Volusia Counties.*