

**Join us for a FREE
interactive virtual
workshop!**



Do you have Diabetes or an ongoing health condition? Then a “Take Charge” workshop is a good fit for you! Join us from the comforts of your home to build skills and gain confidence in managing your health and leading an active, fulfilling life. Workshops meet weekly for 2 ½ hours for six weeks.

Take Charge of Your Health

Designed for people with ongoing health conditions and caregivers.

Meets Wednesdays via Zoom

August 26 – September 22

9:00 a.m. – 11:30 a.m.

[Click here to register](#)

Topics covered:

Healthy Eating
Physical Activity
Stress Management
Action Planning
and many more!

Take Charge of Your Diabetes

Designed for people with diabetes, pre-diabetes and caregivers.

Meets Tuesdays via Zoom

September 15 – October 20

9:00 a.m. – 11:30 a.m.

[Click here to register](#)

Topics covered:

Monitoring
Healthy Eating
Menu Planning
Medication Management
and many more!

Space is limited, so register today to reserve your spot. “See” you soon!

If you need help registering or have any questions about a virtual workshop, call the Health Promotion Team at AgeOptions at (800)699-9043 or email TakeCharge@ageoptions.org