



Take Charge of Your Diabetes® Self-Management Workshop Developed by Stanford University

FREE 6 week program that focuses on improving physical activity, self care, nutrition and taking individual action steps. The workshops help participants set weekly goals, teaches brainstorming to meet those goals and provides resources to help manage diabetes.

**Harvard Senior Center
6817 Harvard Hills Rd, Harvard IL 60033
Wednesdays, April 17 - May 22, 2019
6:00pm - 8:30pm**

**St. Mary Catholic Church Room 110
10307 Dundee Rd, Huntley IL 60142
Tuesdays, April 23 - May 28, 2019
9:00am - 11:30am
In partnership with Advocate Health Care**

You must be at least 18 years old, at risk or diagnosed with diabetes or a caregiver of someone with diabetes. These classes will be taught in English only.

**To register go to www.mcdh.info or call Carol Waggoner at
815-334-4580/Sunny Bengtson 815-334-4852.**



This program is made possible through a grant from the US Administration on Community Living and is sponsored and licensed through AgeOptions.

