



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.

Who can participate?

- **Anyone at risk for or diagnosed with diabetes**
 - **Anyone who cares for someone with diabetes**
 - **Anyone who is 18 years of age or older**
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**Location: Glacial Park
McHenry County Conservation Area
6705 Route 31, Kames Room
Ringwood IL 60072**

**Dates: Saturdays, July 13 - August 17, 2019
9:30am - 12:00pm
Registration deadline is July 8th.**

**To register go to www.mcdh.info or contact Carol Waggoner
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.

