



Is Diabetes limiting your life?

- Take back control of your health.
- Improve family relations.
- Learn techniques for better living and managing the disease.
- Look at the future from another perspective.

Living healthy with Diabetes, is possible.

There is only so much doctors can do but it is the responsibility of each individual to learn as much as possible about the illness in order to take decisions and actions necessary for the proper management of your Diabetes. In these workshops we will work with you on that.

Who are We?



Your Aging & Disability Resource Center is a dynamic nonprofit organization, dedicated to serving the elderly, adults with disabilities and their caregivers. Your Aging & Disability Resource Center/ Area Agency on Aging of Palm Beach/ Treasure Coast, Inc. Is a leader of the network 'Aging network' in Planning and Service Area 9 which includes the counties of Indian River, Martin, Okeechobee, Palm Beach and Saint Lucie.

Mission Statement

Is to promote, support and advocacy for the independence, dignity and welfare of older persons and adults with disabilities, reflect the communities we serve



Diabetes Self-Management Program

Healthy Living

For Information Contact:

561-684-5885 Ext. 59237

Call directly: 561-214-8622

E-mail:

healthyliving@YourADRC.org

www.YourADRC.org

4400 N. Congress Avenue

West Palm Beach, FL 33407



Diabetes Self-Management Program

We will cover the following topics:

- General principles to help yourself
- Learn how to deal with the problems that are present in Diabetes
- Develop a healthy diet plan
- Let us exercise!
- Recognize warning signs and how to act in this regard
- Positive ways to manage stress
- Learn to read nutrition labels
- Learn to speak with your doctor more effectively.
- Use strategies to manage problems in family relations
- Know how to prevent complications

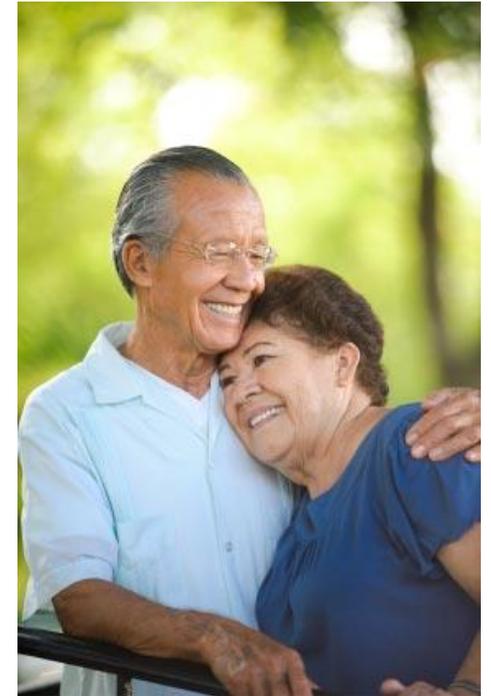
Are you an adult older than 55 years, diagnosed with Diabetes or have a family member who suffers from this disease?

This workshop will enable you to regain control of your health or to support your loved one in a more effective manner.

Indulge in a few weeks to change your quality of life by improving your health, your habits and personal communications. Prevent the complications of Diabetes with timely and effective measures.

This workshop will give you tools to look at your future and the future of your family from another point of view.

“I discovered that I can better manage my moods and that I am not alone in facing this disease.”



Treat yourself to 2 hours per week during 6 weeks.

Using simple techniques, you will be able to achieve new goals that will not only help you in managing your illness, but can help you reduce stress and improve family and interpersonal relations affected by Diabetes.