



Diabetes Self-Management Workshop

*Once weekly class for six weeks

The Heritage House Senior Center is offering a Diabetes Self-Management Program (DSMP).

Workshop attendees will learn the following:

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress and difficult emotions.
- Appropriate exercise for maintaining and improving strength and endurance.
- Healthy Eating.
- Appropriate use of medication.
- Working more effectively with health care providers.

Date and Time:

Tuesdays April 14th - May 19th

1:30pm - 3:30pm

Participants strongly
encouraged to participate
in all 6 classes.

Location:

Heritage House
Senior Center
4 Sylvania St.
Brookville, PA

**To register for this FREE evidence-based workshop,
call JCAAA at 814-849-3096.**

We need a minimum of six people enrolled.