

FREE Diabetes Self-Management Program



If you have type 2 diabetes or have pre-diabetes then this 6 week program can help you learn how to live a healthy life so you can better manage your condition.



This program will be offered:

When: Each Tuesday from August 22 - September 26, 2023

Time: 2:00 p.m. — 4:00 p.m. each day

Where: Person County Office Building
304 South Morgan St. Roxboro, NC 27573

Participants should plan on attending as many of the 6 sessions as possible for the most benefit.
New skills are taught in each session!

Registration is required. For more information or to register, call Jennifer Brown at the Person County Extension Office 336-599-1195. Deadline to register is August 11th.

Living Healthy with Diabetes covers these topics and MORE:

- *Managing symptoms including fatigue and depression*
- *Using relaxation techniques*
- *Eating healthy and exercising*
- *Improving communication skills with your doctors*
- *Using medication effectively*
- *Monitoring your blood sugar*
- *Checking your feet*