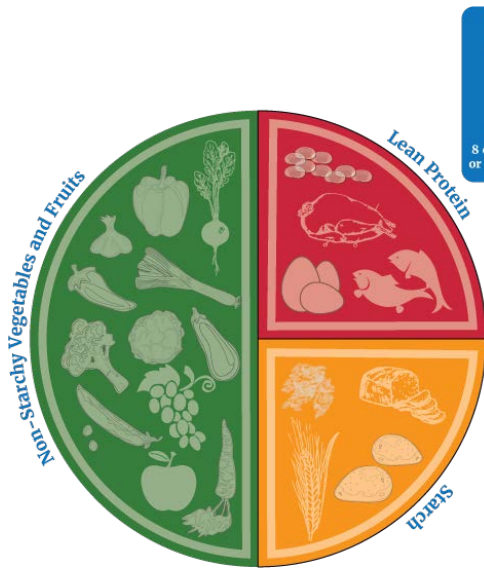


LIVING HEALTHY With Diabetes

Join us for an interest session:
Friday, Feb 22nd at 9AM to 10AM
at the Caswell Senior Center!



Meet 1-on-1
with a
Registered
Dietitian

With a referral from your doctor, you can meet with a nutritionist to discuss meal planning and healthy eating.

You're Not Alone!

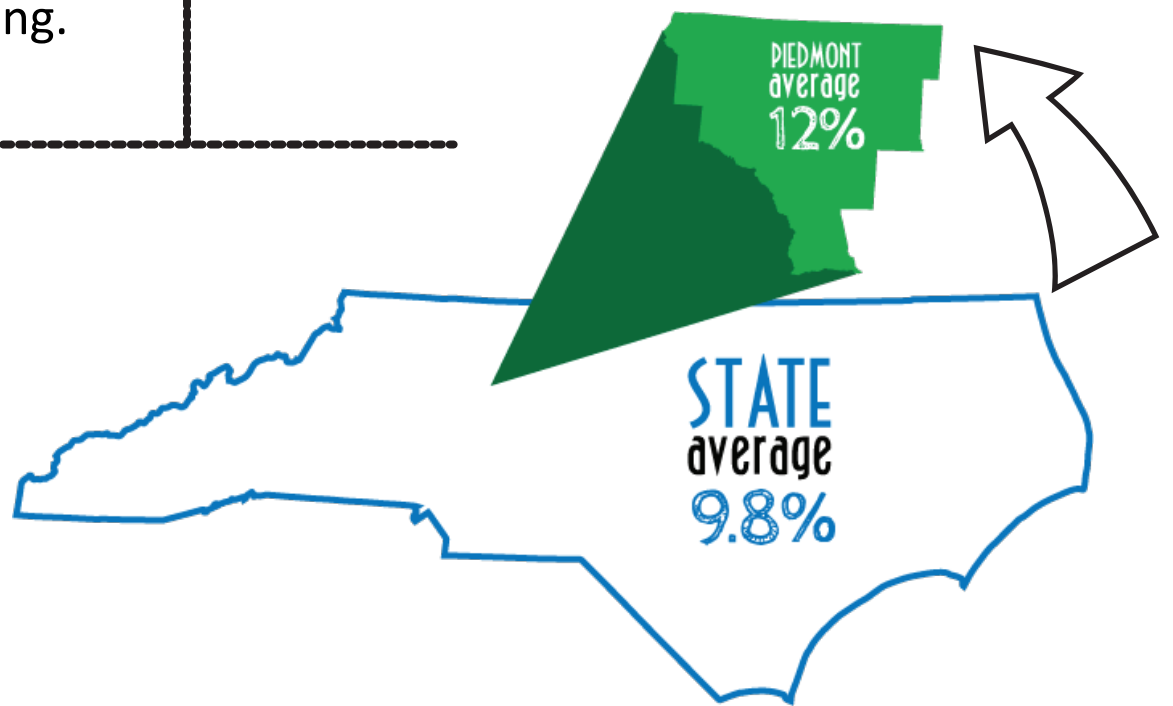


At least 1 in 3 people will develop the diabetes in their lifetime

~CDC

Workshop Topics Include:

- Blood Sugar Monitoring
- Nutrition
- Exercise
- Medication Use
- Foot Care
- Communicating with Doctors



Percent Diagnosed Diabetes in 2013 (CDC)

OPEN

to anyone with
Medicare and
type 2 diabetes.



Join us for interactive workshop sessions focusing on problems common to individuals dealing with type 2 diabetes.



Learn to deal with symptoms of diabetes, manage stress and medication usage and learn healthy eating habits and exercise techniques.



Our evidence-based self-management workshop meets weekly for two and a half hours over six weeks and is overseen by a Registered Dietitian.

Workshop Details

Dates: March 6, 15, 20, 29, April 3 & 10 from 8:30 to 11AM

Location: Caswell County Senior Center

649 Firetower Rd, Yanceyville, NC 27379

Pre-registration required, please contact Laura Plunkett at 336-904-0300 or agewell@ptrc.org for more information.



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