

Take Charge of Your Diabetes Program

A six-week program to help you improve your health – one step at a time!

What is this program about?

- *Take Charge of Your Diabetes* is a fun, skill-building program designed for persons with diabetes.
- The program helps individuals take day-to-day responsibility for the care of their condition including: **nutrition/healthy eating, preventing low blood sugar, exercise, preventing complications, stress management, medications, skin and foot care, making an action plan, etc.**
- Participants gain skills necessary to self-manage their diabetes and work effectively with their health care providers.

Who can take part?

- Anyone living with diabetes or pre-diabetes.
- Family members, friends or caregivers of an individual with diabetes.



Program Details:

- **6-week program** (meet once a week)
- The program is **FREE**
- Dates: **Wednesdays, March 6—April 10, 2024**
- Time: **9:00 a.m.**
- Location: **Shelbyville/Bedford County Senior Citizens Center,**
111 J.G. Helton Drive, Shelbyville, TN 37160
- Taught by:
Whitney Danhof, Extension Agent, UT Extension
Jennifer Witham, Health Educator, Health Department



Call the Extension Office to sign up or for more information and Take Charge of your diabetes starting today (931 684-5971) !



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