

# 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 5—April 9, 2025**
- Time: **9:30 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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