

Take Charge of Your Diabetes Program

A six-week program to help you improve your health!

What is this program about?

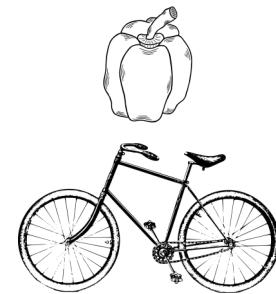
- *Take Charge of Your Diabetes* is a fun, skill-building program designed for persons with diabetes or those who care for people with diabetes .
- The program helps individuals take day-to-day responsibility for the care of their condition including: **nutrition/healthy eating, preventing low blood 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: **Fridays, April 17—May 22, 2026**
- Time: **10:00 a.m. - 11:30 a.m.**
- Location: **Rosenwald Recreation and Community Center**
516 Tillman Street, Shelbyville, TN 37160
- Taught by:
Whitney Danhof, Extension Agent, UT Extension
Jennifer Witham, Health Educator, Health Department



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

Sponsored by the Rosenwald Recreation and Community Center

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