



The Time is NOW **Learn to control your** **DIABETES**

Diabetes Self-Management Education for Older Adults

Are you a Medicare beneficiary who has diabetes or know someone who does?

Sign- Up today for a 7-week workshop, at no cost to you with Medicare Eligibility

Where:

Brennan Community Center
1301 Pinegree Ave
Flint, MI 48503

When:

Tuesdays – 1:00pm – 3:30pm

Informational Session:

Tuesday, September 11 at
1:30pm

Sessions 1-6:

September 25
October 2, 9, 16, 23, 30

To Register Contact:

Abbie Mars, Valley Area Agency
On Aging at (810) 600-0633.

Snacks will be provided!

Diabetes Self-Management Education for Older Adults is designed to provide skills and tools to help people living with type 2 diabetes and their support system live a healthier life. It is a fun, interactive, **six-week workshop** led by certified leaders. One on one questions and answers are also provided by a Registered Dietician.

In this class you will learn to:

- Manage everyday activities by making an action plan
- Avoid Complications
- Learn to balance your blood sugar
- Improve communication skills with your family and your health care provider
- Understand the importance of monitoring your blood sugar
- Manage symptoms and decrease stress
- Improve your overall health and increase your energy!



This class is paid for with funding from Valley Area Agency on Aging (VAAA) and the Aging and Adult Services Agency. If you would like additional information, please contact Abbie Mars at VAAA at (810) 600-0633.