



**It's MY
health.**

**It's MY
life.**

The **Diabetes Self-Management Program** will help you take control of your diabetes rather than letting it control you!

This six week workshop will help you: Prevent or delay complications, plan meals, deal with stress and depression, exercise more and learn about medication usage, positive thinking and communications skills.

*Take charge and feel better with the
Diabetes Self-Management Program*

Location: 1675 C Street, Anchorage

Date: November 3 through December 8

Time: Tuesdays, 2-4:30 p.m.

Cost: \$30

RSVP: Call 907-786-6313

Leaders: Leslie Shallcross and Linda Shepard



UAF is an AA/EQ employer and educational institution.