



Take Charge of Your Diabetes workshop completers September 2017

Take Charge of Your Health Workshop details:

Where: Lemont Township
1115 Warner Ave
Lemont, IL 64039

Day of Week/Time: Wednesdays
from November 14 – December 19
1:30pm-4pm

Register: See Debbie or call
630-257-2522 to register TODAY!

Take Charge of Your Health

A six-week interactive workshop designed to help individuals living with ongoing health conditions learn new skills in self-management, so they can continue to thrive as they age!

Anyone with an ongoing health condition such as arthritis, heart disease, diabetes, chronic pain, asthma, etc. can attend. Sessions meet one day a week for 2 ½ hours* in a community setting.

**The 2 ½ hour sessions are divided into small activities and include a 20-minute break*

Weekly topics include:

<p>Week 1 – Wednesday, November 14th</p> <ul style="list-style-type: none"> • The mind/body connection • Making action plans 	<p>Week 2 – Wednesday, November 21st</p> <ul style="list-style-type: none"> • Dealing with difficult emotions • Physical activity and exercise
<p>Week 3 – Wednesday, November 28th</p> <ul style="list-style-type: none"> • Making decisions • Pain and fatigue management 	<p>Week 4 – Wednesday, December 5th</p> <ul style="list-style-type: none"> • Healthy eating • Communication skills
<p>Week 5 – Wednesday, December 12th</p> <ul style="list-style-type: none"> • Medication usage • Informed treatment decisions 	<p>Week 6 – Wednesday, December 19th</p> <ul style="list-style-type: none"> • Weight management • Working with health care professionals

Congratulations on taking charge of YOUR health!

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