

# Take Charge of Your Diabetes



**To register, call 728-4114 or 543-3755 by March 27**

This **FREE** 6-week series begins April 1 and will take place each Wednesday through May 6 from 1:30 - 4:00 pm.

This program will be held at the Moultrie County Health Department at 202 S. Main St. in Sullivan.

## About this series

Learn to thrive, not just survive with your diabetes. Find practical ways to deal with pain and fatigue, discover better nutrition and exercise choices, understand treatment choices, and learn about stress and depression management. Become a better problem solver, how to meet personal goals, and learn better ways to talk and partner with your doctors and family about your health. Take charge of your diabetes!



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University of Illinois, U.S. Department of Agriculture, and Local Extension Councils Cooperating University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate, please contact your local extension office. Early requests are strongly encouraged to allow sufficient time for meeting your access needs.

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of your health