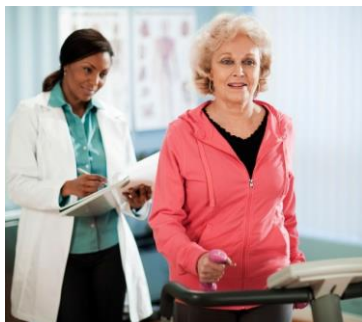
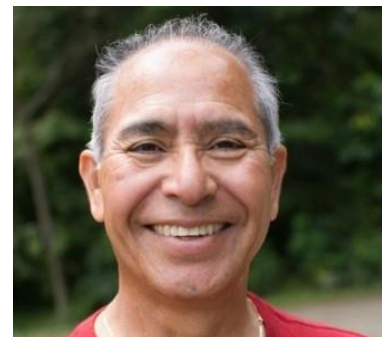


Come Learn More About Our Diabetes Support* Program

Take Charge of Your Diabetes



"The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming."



Do you have Diabetes or Pre-Diabetes?

Join us for a free six-week workshop

Learn about:

- Healthy eating and nutrition
- Stress and depression management
- Physical activity to increase your energy
- How to be a healthy caregiver
- Problem solving
- Meeting personal goals
- Partnering with your healthcare provider

This program will be offered online by using the videoconferencing platform Zoom.

Fridays

May 29 – July 10 (skip July 3)
2:00 – 4:30 PM

To register contact
Cheri Burcham
by e-mail at

cburcham@illinois.edu by

Monday, May 25

The cost for those that complete the program will be covered by a

grant from the
Administration for
Community Living.



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November 2019