

Diabetes Self-Management

Workshop

Manage your
Diabetes
For your Life

Shasta Community Health Center

1035 Placer St.
Redding, CA 96001

Also available in
Anderson & Shasta Lake City.

Who should attend?

- Adults age 18 and over who have diabetes or care for someone with the condition.

Why should you attend?

- Workshops are led by someone who also has diabetes (or who has cared for someone with the condition).
- Leaders have been trained to help you learn practical skills that work for them.
- Groups are small and classes are FREE and once a week for 6 weeks.

What will you learn?

You will learn tools to manage symptoms, such as:

- Ideas for building your strength and endurance
- Creating a health plan
- Healthy eating tips
- Teaming with your health care team

\$20
Gift Card!
Call for details.

Snacks and drinks
served at each session.

For more information :

(530) 229-5115

www.shastahealth.org/education



Sign-Up Using Your
Mobile Device