



LIVING WELL CHRONIC DIABETES SELF MANAGEMENT CLASS

Six week class to assist individuals with Chronic Diabetes concerns to manage their health. This is a 2 hour workshop once a week for 6 weeks. Class is intended for individuals with chronic Pain or caregiving for someone with an illness. The program was developed at Stanford University and our leaders are trained and certified from Stanford

Topics Covered: Dealing with difficult emotions, pain, fatigue, isolation, Effects of the Symptom Cycle. Appropriate use of exercise and improving strength.

Use of medication, communication with your Doctor, and proper nutrition. Communication with family and friends.

**Hurricane Senior
Center**

95 N. 300 W.

Hurricane Utah

Wednesdays

Oct, 4th –Nov 8th

2017

1:00 PM -3:00 PM

Benefits are:

**Evidence Based to
decrease
Hospitalization**

Increase Activity

Build Strength

Improve Energy

Space is Limited Call the
Senior Center at 435-635-
2089 to sign up

