

Living Well with Diabetes Self-Management Workshop



RUNNING CREEK CASINO

5:15 pm–7:30 pm

This workshop is a six-week program

FACILITATORS:

Cerra Hinchcliff, Rosalie Ramos and Sonia Chamberlain



SCHEDULE

- Wed., Jun 7th – Session 1: Diabetes Management Overview
- Wed., Jun 14th – Session 2: Guidelines for a Healthy Meal
- Wed., Jun 21st – Session 3: Preventing Complications/Benefits of Exercise
- Wed., June 28th – Session 4: Reading Nutrition Labels/Menu Planning
- Wed., July 5th – Session 5: Monitoring Exercise/Positive Thinking
- Wed., July 12th – Session 6: Planning for the Future

Learn tools for better Diabetes self-management,
problem-solving and action planning in every session.

You are welcome to bring a family member or friend!

Transportation is Limited. For more information

707-263-8382 ext. 1620



Lake County Tribal Health

Modern Medicine  Personalized Care

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