

New diabetes management class debuts October 19

Campus Wellbeing Services is pleased to announce a new diabetes management program. Take Charge of Your Diabetes will be offered on the campus starting October 19. This program is open to employees and significant others. Continue reading to learn more about this program.

Living with diabetes can be challenging. The good news is that there are ways to manage diabetes, and to prevent or delay serious complications. The Take Charge of Your Diabetes course provides participants with the self-management skills needed to take on the tasks of living successfully with diabetes. Because there is no one correct way to manage diabetes, you will learn how to use different tools for managing your diabetes. The instructors will help you to build and carry out a plan that fits your life.

Take Charge of Your diabetes is designed for both people with diabetes and caregivers. The course can also complement other diabetes education that you may be receiving.

Benefits: Take Charge of Your Diabetes will help you learn how to:

- Manage symptoms
- Communicate effectively with your doctor and other healthcare professionals
- Lessen your frustration
- Fight fatigue
- Build your confidence
- Eat healthy
- Monitor your blood sugar
- AND... Get more out of life!

Logistics:

- Location: School of Library and Information Science (iSchool), Room 131
- Meeting Time: 5:15pm - 7:15pm
- Program Dates: Thursdays for six weeks, starting October 19, 2017
- Cost: \$20

Learn from trained volunteers and professional leaders who have their own health conditions. Set your own goals and make a step-by-step plan to improve your health – and your life. For more information or to register, contact Campus Wellbeing Services at wellbeing@illinois.edu or 265-9355.

