

FREE

Change the Future WV
Berkeley County Health Department
University Healthcare
Eastern Panhandle Free Clinic
and Bridges to Healthy Transitions
Presents:

"Living Well - with Diabetes"

A Diabetes Self-Management Workshop

A Fun, Easy 6-week workshop - Join us and learn ways to feel better,
and deal with the frustrations and discomforts of living with Diabetes!

EVERYONE can benefit!

Topics Include:

- Decision making and problem solving
- Monitoring blood sugar
- Preventing Complications
- Preventing low blood sugar
- Dealing with difficult emotions
- Healthy eating
- Developing a meal plan
- Reading nutrition labels
- Strategies for sick days



Begins October 9th, 2014

Meets: Oct 9, 16, 23, 30 and Nov 6, & 13

(Meets weekly for 6 weeks)

• **Thursdays: 1:00 pm to 3:00 pm**

- Location : Senior Towers
- 200 E. Stephen Street, Martinsburg

REGISTER NOW!

Come Join Us---Everyone Welcome!

To register or for more information, contact:

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**FREE
Living a
Healthy Life
Book!**