

# Taking Control of our Health

## Virtual Diabetes Self-Management Class Series\*

**Need HELP Managing Diabetes?**

**If so, this workshop for you!**

### Virtual Zoom Workshop

April 16, 2025, thru May 21, 2025

**10:00 am-12:30 pm**

(Six Wednesdays)

The Virtual Self-Management Diabetes Class Series workshop is **fun**, **interactive** and will **empower you** to:

- Stay active and healthy eating
- Manage stress and difficult emotions
- Manage your medications
- Learn tools to manage your symptoms
- Come up with an action plan for healthier living

**Contact: Tina Dawson**

**Phone: 1-800-272-3921**

**ext. 7128 or 817-695-9128**

**[tdawson@nctcog.org](mailto:tdawson@nctcog.org)**



*Funded in part by Texas Health and Human Services Commission. A program of the North Central Texas Council of Governments.*



**REGISTRATION IS REQUIRED**

**CLASS LIMITED TO 12 PEOPLE and will fill up quickly!**



"The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming."