



Take Charge of Your Diabetes workshop completers September 2017

## Take Charge of Your Health Workshop details:

**Where:** Lemont Township  
1115 Warner Ave  
Lemont, IL 64039

**Day of Week/Time:** Wednesdays  
from November 14 – December 19  
1:30pm-4pm

**Register:** See Debbie or call  
630-257-2522 to register TODAY!

## Take Charge of Your Health

**A six-week** interactive workshop designed to help individuals living with ongoing health conditions learn new skills in self-management, so they can continue to thrive as they age!

**Anyone** with an ongoing health condition such as arthritis, heart disease, diabetes, chronic pain, asthma, etc. can attend. Sessions meet one day a week for 2 ½ hours\* in a community setting.

*\*The 2 ½ hour sessions are divided into small activities and include a 20-minute break*

### Weekly topics include:

<p>Week 1 – Wednesday, November 14<sup>th</sup></p> <ul style="list-style-type: none"> <li>• The mind/body connection</li> <li>• Making action plans</li> </ul>	<p>Week 2 – Wednesday, November 21<sup>st</sup></p> <ul style="list-style-type: none"> <li>• Dealing with difficult emotions</li> <li>• Physical activity and exercise</li> </ul>
<p>Week 3 – Wednesday, November 28<sup>th</sup></p> <ul style="list-style-type: none"> <li>• Making decisions</li> <li>• Pain and fatigue management</li> </ul>	<p>Week 4 – Wednesday, December 5<sup>th</sup></p> <ul style="list-style-type: none"> <li>• Healthy eating</li> <li>• Communication skills</li> </ul>
<p>Week 5 – Wednesday, December 12<sup>th</sup></p> <ul style="list-style-type: none"> <li>• Medication usage</li> <li>• Informed treatment decisions</li> </ul>	<p>Week 6 – Wednesday, December 19<sup>th</sup></p> <ul style="list-style-type: none"> <li>• Weight management</li> <li>• Working with health care professionals</li> </ul>

## Congratulations on taking charge of YOUR health!

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