

TAKE CHARGE OF YOUR DIABETES PROGRAM

A six-week program to help you improve your health



What is Take Charge of Your Diabetes?

- *Take Charge of Your Diabetes* is an evidence-based program that was developed by researchers at Stanford University.
- Participants gain skills necessary to self-manage their diabetes and work effectively with their health care providers.

Who can take part?

- Anyone living with diabetes
- Family member, friend, or care-giver of an individual with diabetes.

Program Details:

- 6-week program (6 sessions, 2 hours per session)
- The program is **FREE**
Taught by two, trained leaders
Registration is required

Workshop Topics:

- Healthy eating
- Goal identification & action-planning
- Understanding Diabetes
- Monitoring blood sugar
- Decreasing stress
- Managing your medications
- Effective communicating
- Dealing with emotions
- Finding physical activities
- MUCH MORE!

Join Take Charge of Your Diabetes from the convenience of your home!

Zoom Classes - Thursdays, March 4 – April 8 6 – 7:30 pm

Instructors: Linda Hyder & Jessica Gardner – UT Extension of Sevier & Cocke Counties

Registration Needed. Email Linda at lhyder@utk.edu with your name, address & phone number. You will be sent a link to register prior to the beginning class. Participants encouraged to attend as many sessions as possible.

For more information, or questions – please contact Linda Hyder with Sevier County UT Extension at 865-454-3695 or lhyder@utk.edu