



This program helps you, or your loved one, cope with the day-to-day management of diabetes. Take Charge of Your Diabetes is open to anyone living with diabetes or a family member, friend or caregiver. Self-care education is the most basic and important tool for managing symptoms and increasing your potential to lead a healthy and active life. So come on, what are you waiting for!?

Did You Know...

Cost: Free

Dates and Time: To Be Announced

Johnson County

Extension

212 College Street

Mountain City, TN 37683

Call: (423)-727-8181

E-mail:

sransom@utk.edu

Participant Benefits:

- Learn how to read food labels and plan meals
- Set and achieve goals
- Understand blood sugar
- Decrease stress, learn relaxation strategies, handle emotions
- Manage medications
- Effective communication
- Physical activities that help manage symptoms

Diabetes is the 6th leading cause of death in Tennessee? Diabetes is a costly disease, people spend an average of \$11,744 a year on medical expenses

Diabetes is the primary cause of blindness, non-traumatic amputations and kidney failure?



Programs in agriculture and natural resources, 4-H youth development, family and consumer sciences, and resource development. University of Tennessee Institute of Agriculture, U.S. Department of Agriculture and county governments cooperating. UT Extension provides equal opportunities in programs and employment.