

Take Charge of Your Diabetes

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!?

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?

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

