



For Release- Monday May 7, 2018

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**HELPING YOU MANAGE YOUR DIABETES
DIABETES SELF MANAGEMENT WORKSHOP
Warren County Community Services
570 North State Route 741-Lebanon, OH 45036**

Helping you manage your diabetes is a free six -week program that is for adults of any age with diabetes type 1 or 2, or pre-diabetes and those who wish to support their family and friends. Participants meet in small groups and with the help of a facilitator, an easy to read workbook, and the support of their peers. Learn ways to overcome barriers to healthy living, set goals and report on their progress each week .

Helping You Manage Your Diabetes can help you if:

- You have type 1 or 2 diabetes or pre diabetic
- You have problems setting and meeting healthy living goals
- You want to learn more about diabetes
- You would like to be able to make healthy food and lifestyle choices

HELPING YOU MANAGE YOUR DIABETES

Is an evidence-based program designed to educate and help you understand diabetes and at the same time enhance your life and reach goals that make living with diabetes less of a challenge and make life more manageable one step at a time. Please call 513-695-2239 to register for this class. Limit is 12

Class begins Monday May 14 to June 18, 2018

1pm-3:30 pm

No cost to you

For more than 50 years, WCCS has served as the community's primary link for social services in Warren County. WCCS operates a wide range of programs and services that:

- § Allow seniors and families to obtain and maintain long-term housing.
- § Assist families and individuals with emergency needs, employment, and rising energy costs.
- § Help older adults to remain active and independent.
- § Prepare children to succeed in school.
- § Adults with literacy challenges are tutored to increase their reading and writing skills. Legal immigrants are taught English as a second language.