

Join us for a  
**FREE 6-week work  
shop!**



## Do you or does someone you care for have **Diabetes** or **Pre-Diabetes?**

*Then **Take Charge of Your Diabetes** is a good fit for you! The six week virtual program allows you to join us from the comfort of your own home while building skills and tools for self-management and monitoring of diabetes. Don't wait! Register now and start taking charge of your diabetes!*

**Topics Covered:** Monitoring, Healthy Eating, Menu Planning, Medication Management and many more!

### **Virtual Program: Technical assistance will be provided**

Program is taught by certified facilitators  
via Webex virtual platform for 2 ½ hours for 6 weeks

**Meets virtual on Wednesdays**

**September 29 – November 3**

**5:30-8:00 PM**

\*See Reverse for Class Schedule

**To Register for this no cost program call Carol Waggoner, RN at 815-334-4580**

Or

**Register online**

<https://central.phims.org/McHenry/Scheduling/SelfEventScheduling.aspx?EventID=7042>



"The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming."



**Cultivating Health Ministries**



# Class Schedule

<b>Day</b>	<b>Date</b>	<b>Session</b>
Wednesday	Sep 29	Session 1
Wednesday	Oct 6	Session 2
Wednesday	Oct 13	Session 3
Wednesday	Oct 20	Session 4
Wednesday	Oct 27	Session 5
Wednesday	Nov 3	Session 6