

Take Charge of Your Diabetes Registration Form

Please complete. Form may be given to a Health Department employee or mail to

First Name

Last Name

Mailing Address

City State Zip code

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Phone

Email Address

For more information or to register for a workshop, contact:

DATE:

TIME:

LOCATION:

Visit the program website at:

<https://www.tn.gov/health/health-program-areas/mch-diabetes/d/take-charge-of-your-diabetes.html>

or

<https://ag.tennessee.edu/fcs/Pages/Health/TakeChargeOfYourDiabetes.aspx>



Tennessee Department of Health
Authorization No. 343323
No. of copies: 5000. This public document was promulgated at a cost of \$.00 per copy. (04/16)



Take Charge of Your Diabetes!

A FREE Six-week program to help you improve your health one step at a time.

What is Take Charge of Your Diabetes?

Take Charge of Your Diabetes is a fun skill-building program designed for persons with diabetes.

The program helps individuals take day-to-day responsibility for their diabetes care.

Participants gain skills necessary to self-manage their diabetes and work effectively with their healthcare professionals.



Things You Will Learn in Each Session

Session 1:

Common problems with diabetes, diabetes as a chronic condition, self-management tools, blood sugar monitoring, healthy eating.

Session 2:

Facts about carbohydrates, formula for a healthy eating plan, symptoms of low blood sugar, preventing low blood sugar.

Session 3:

Preventing and delaying diabetes complications, planning low fat meals and snacks, role of physical activity and exercise, dealing with stress, muscle relaxation techniques.

Session 4:

Dealing with anger, frustration and fear, reading nutrition labels, endurance activities, guided imagery.

Session 5:

Managing depression, positive thinking, solutions for communication problems, role of medications in blood sugar control, ways to remember to take medications, medication effects.

Session 6:

Blood sugar control during sick days, proper foot care, ways to talk to your doctor, plan for dealing with diabetes in the future.

Who Can Take Part?

Take Charge of Your Diabetes is a **FREE** six-week program and is open to anyone living with pre-diabetes or diabetes. **Family members, caregivers and friends of an individual with diabetes are welcome to attend.**

Six-week program

Six sessions

Two hours per session

Free program

Registration is required.



“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”