

## **Diabetes Workshop for Adults with Type 2 Diabetes**

### **Give yourself a Valentine**

On **February 14, 2012** from 1–3:30 PM the **Springdale Health Department** will begin the **Healthy U Diabetes Self-Management Program**.

The **focus of this FREE six week program** is on solving problems common to those with Type 2 diabetes. The program has been proven to improve the quality of life and to save money by reducing health care expenses for the participants.

The small group workshop is **fun** and is designed to **enhance** the effectiveness of treatment and education given by the participant's health care team.

Participants learn to manage their health through diet and exercise changes, weight loss, using medications correctly, managing sleep and fatigue, and improving communication with family members, friends and health care providers.

For more information or to enroll, **call 513-346-5727**.

Call soon as enrollment is limited.