

A FREE, INTERACTIVE WORKSHOP

# HEALTH IN ACTION

## DIABETES SELF MANAGEMENT

Presented by



This free 6-week workshop at Wornstaff Memorial Public Library in Ashley provides participants with empowering tools to set their own goals and make step-by-step plans to improve their health.



### LEARN:

- How to better manage symptoms & emotions
- How to improve diet and physical activity
- How to communicate effectively
- How to problem solve health related issues

### RECEIVE:

Each participant receives a free resource book, *Living a Healthy Life with Chronic Conditions*.

WEDNESDAYS, 10:30 A.M. – 1:00 P.M.

## APRIL 10-MAY 15, 2024

Wornstaff Memorial Public Library, 302 E. High St., Ashley, OH 43003

REGISTER NOW:

[MySourcePoint.org/register](https://MySourcePoint.org/register)

740-363-6677



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