



# Humboldt IPA

Control your diabetes, don't let it control you!

## Diabetes Self-Management Workshop

### About Diabetes Self-Management Workshops

- Free on-site workshops
- Meets for 2 1/2 hours each week for six weeks
- Trained peer leaders
- Meet new people and gain social support
- Gives you tools to live a healthier life

*If you, or someone you care for has diabetes, you know that it can feel like it's taking over your life. The good news is that there are things you can do to feel better and take control of your health.*

- Set goals for your health – and stick to them!
- Understand what your blood sugar level is telling you
- Make your diet work FOR you, not against you
- Manage stress and difficult emotions
- Exercise to take care of your health
- Learn to talk with your doctor about your symptoms

### *What participants are saying:*

- "If people are diabetic, they should run here, not walk."

*Carmella, Wilkinson Senior Center, Northridge*

- "I really appreciate the trainers. They're well-trained and they're doing a fantastic job."

*Marleen, El Monte Library*



**Sign up NOW for six 2 ½ hour sessions.**

**Location: Humboldt IPA 2662 Harris St. Eureka, CA 95503**

**Dates: Jan 11th- Feb 15th, 2020**

**Time: 10am-12:30pm**

**Contact: Our Pathways to Health 707-267-9606 to register and for ongoing workshops.**