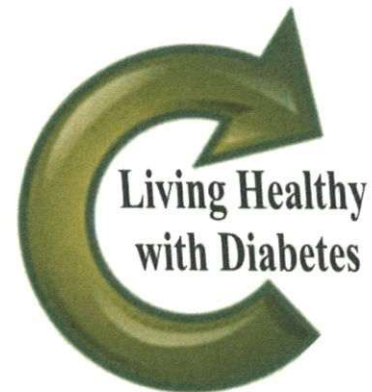


**Feel Better!
Take Charge!**

Diabetes Self-Management Workshop



WHEN: Once a week for 6 weeks
July 9th - August 13th, 2026
10:00am - 12:30pm
WHERE: Sharpsburg Tri-County Senior Center
110 W. Railroad Street
Sharpsburg, NC 27878



Diabetes Self-Management is a workshop that will help you take control of your diabetes rather than letting it control you!

If you or a loved one has diabetes, **Diabetes Self-Management** is for you. By attending this workshop one time per week for 6 weeks, you will learn how to:

- Manage symptoms
- Communicate effectively with your doctor and other health care professionals
- Exercise
- Eat healthy and meal planning
- Make decisions
- Make daily tasks easier

AND...Get more out of life!

MUST BE 60 OR OLDER TO ATTEND



**To register for this workshop please contact:
Beverly Davis @ 252-231-0207**

**Classes held in partnership with the
Area Agency on Aging**

