Do you want to feel better, do the things you want to do, and be in control of your health? Then this workshop is for you.

This program was developed specifically for people with diabetes by Stanford University School of Medicine and offered by the Sanford Center for Aging, University of Nevada, Reno. It is held for 2½ hours once a week for seven consecutive weeks.

Some of the topics and skills covered in the workshop include:

• Balancing healthy eating with physical activity for healthy A1C levels
• Managing difficult emotions
• Positive thinking strategies
• Planning for the future

Class size is limited so register early.

Fridays, May 18 – June 29, 2018
1:00 p.m. to 3:30 p.m.
Endocrinology Weight Management Clinic
Center for Molecular Medicine Building
University of Nevada, Reno

To register, go to http://bit.ly/2srmhw6 or call 775-784-1583

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