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 2 ½ 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.

**Wednesdays, April 4 – May 16, 2018**  
9:00 a.m. to 11:30 a.m.  
**Wellness & Weight Management Center**  
**Center for Molecular Medicine Building**  
**University of Nevada, Reno**


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