



Attend a free workshop series to help self-manage your diabetes and take charge of your life!

# Living Well with Diabetes

As a participant, you'll learn how to self-manage symptoms and medications, set weekly goals, problem-solve effectively, improve communication, utilize relaxation exercises, deal with difficult emotions, eat well and how to exercise safely. You are in control of your life!

**Where: University of Texas at San Antonio Downtown Campus BVB 1.322**

**July 11**

**July 18**

**July 25**

**August 1**

**August 8**

**August 15**



**Time: 11-1:30 PM (each week)**

**Who: UTSA Faculty and Staff who have diabetes OR who have/care for family members with diabetes**

Register at [www.training.utsa.edu](http://www.training.utsa.edu)

\*Minimum of 12 participants must be enrolled in workshop or workshop will be cancelled.

\*Once enrolled in the first session, you are automatically enrolled in the remaining 5 sessions.

This class is an evidence-based program developed by the Self-Management Resource Center formerly at Stanford University and provided by UTSA's Human Nutrition Laboratory.

Lunch and companion book will be provided at no cost.

For more information please contact Jessica Hodgson at [Jessica.hodgson@utsa.edu](mailto:Jessica.hodgson@utsa.edu)

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The University of Texas at San Antonio™

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