



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 Main Campus GSR 2.106

July 9

July 16

July 23

July 30

August 6

August 13



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

*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

UTSA

The University of Texas at San Antonio™

**COLLEGE OF EDUCATION
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