

# Do you have Diabetes?

**Free  
Workshop!**

If yes, sign up for Stanford University's "Take Charge of Your Diabetes" Live Well, Be Well workshop hosted by Voluntary Action Center

You'll get the support you need and find practical ways to deal with the symptoms of Diabetes. Topics covered include: exercise, nutrition, medication management, preventing & delaying complications and working with health care providers.

**Workshop will be held on Mondays from 1:00pm—3:30pm  
Monday Jan 7th, 2019—Monday Feb 11th, 2019  
at Oak Crest— Little Theater  
2944 Greenwood Acres Dr. Sycamore**

Light Refreshments will be Provided



---

To reserve your spot, call Colleen at VAC 815-758-3932 or email [cbredeson@vacdk.org](mailto:cbredeson@vacdk.org) or sign up with Linda Sherman @ Oak Crest

---



**Space is Limited**

Funding Provided by Northwestern Illinois Area Agency on Aging

Program Developed by Stanford University