

# Take Charge of Your Diabetes Live Well, Be Well

*A 6-week program about how to thrive, not simply survive, with diabetes.*

---

**FREE**

**Take Charge of Your Diabetes**  
*In Partnership with Stonebridge Diabetes Group, Inc.*

**Wednesdays, April 5– May 10, 2017**

**1:00 p.m. – 3:30 p.m.**

**Grand Prairie Library**

3479 W. 183<sup>rd</sup> St, Hazel Crest

*\*Certificates provided upon course completion\**



Are you an adult with diabetes?

**Take Charge of Your Diabetes** will help you:

- Regain control of your life and do the things that matter to you
- Better manage your diabetes in order to feel better and have more energy
- Improve healthy eating
- Manage medication
- Better handle difficult emotions
- Improve communications with your doctor

**Register for this FREE workshop and learn more**

➤ **Attend an information session:**

Wednesday, March 29 at 1 p.m.

Grand Prairie Library, 3479 W. 183<sup>rd</sup> Street in Hazel Crest

For more information, call the Cook County Department of Public Health at (708) 633.3200.



Cook County DEPT. of  
**Public Health**  
Promoting health. Preventing disease. Protecting you.



**aetna** SM  
AETNA BETTER HEALTH® OF ILLINOIS