

# IS DIABETES CONTROLLING YOUR LIFE?

#LiveWellPutnam



## Is your diabetes causing...

- Constant pain
- Limited movement
- Low energy
- Constant frustration
- Negative impact on work, social, and other aspects of your life
- Brain fog

Join us for a **FREE** 6-week program to help get your life back!

Learn strategies that will help you...

- Set and meet your goals
- Learn simple techniques that can improve your quality of life
- Improve communication with your doctor
- Tackle stress and learn to relax
- Increase your activity level
- Learn how to make better food and drink choices
- Make better choices about your diabetes
- Have fun!

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Each person will receive *free* educational materials to help their skills of managing and controlling their diabetes.

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For more information:

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386-326-3200



The *Diabetes Self-Management Education* was approved by the *American Association of Diabetes Educators (AADE)*.