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Yavapai County Community Health Services  
NACOG-Area Agency on Aging



## Healthy Living with Diabetes Workshop

### Healthy Living with Diabetes Workshop

Will help you take control of your Diabetes  
Rather than letting it control you!

This fun, interactive 6-week workshop,  
will offer a variety of different activities  
and tools to improve your quality of life.

Anyone with diabetes, pre-diabetes,  
caregivers and loved ones of people with  
diabetes are welcomed.



- Manage symptoms
- Communicate effectively with your doctor and other health care professionals
- Lessen your frustration
- Fight fatigue & pain

- Eat healthier & read nutrition labels
- Keep your blood sugar in check
- Make daily tasks easier
- AND. . .Get more out of life!

Location: Yarnell Community Center

22302 Broadway, Yarnell, AZ 85362

Workshop Dates: Thursdays, October 12 – November 16, 2017 1:30pm to 4:00pm

To register contact

**Kim Lytle**

or

**Anita Kristensen**

**928-427-6347**

**928-910-2778**

Services are funded by the Older Americans Act, SSBG Funds, and the State of Arizona. Funding is allocated on a regional basis from the Arizona Department of Economic Security (DES), Division of Aging and Adult Services (DAAS) to Area Agencies on Aging Under Titles VI and VII of the Civil Rights Act of 1964 (Title VI and VII) and the Americans with Disabilities Act of 1990 (ADA) Section 504 of the Rehabilitation Act of 1973 and the Age Discrimination Act of 1975, *Area Agency on Aging NACOG* prohibits discrimination in admissions, programs, services, activities or employment based on race, color, religion, sex, national origin, age, and disability. Area Agency on Aging NACOG must make a reasonable accommodation to allow a person with a disability to take part in a program, service, or activity. Auxiliary aids and services are available upon request to individuals with disabilities.”