



Live Well! With Diabetes

Learn how to manage the challenges of living with or caring for someone with diabetes or prediabetes. This six-week diabetes self-management program developed by Stanford University provides information, teaches practical skills and helps you gain confidence and motivation.

Topics include:

- meal planning and physical activity
- dealing with difficult emotions
- communication
- glucose monitoring and foot care
- understanding medication

Learn new techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress and emotional issues.

Healthy snacks and course materials will be provided for this free program.

When:

Tuesdays for 6 weeks
September 19 - October 24
5:30 pm - 8 pm

Where:

Leesburg Senior Center
102 North Street NW
Leesburg, VA 20176
RecTrac: #127606-01

Questions:

Call 703-771-5407 or
email aaasupport@loudoun.gov

When:

Mondays for 6 weeks
October 16 - November 20
10:30 am - 1 pm

Loudoun County Area Agency on Aging
20145 Ashbrook Place, Suite 170
Ashburn, VA 20147
RecTrac: #127606-17



Live Well, Virginia!



If you require an accommodation for any type of disability in order to participate, please call 703-771-5407/TTY-711 or send an email to aaasupport@loudoun.gov.