



Delaware County Office of Services for the Aging

presents

## Steps to Healthier Living™

# Diabetes Self-Management **Online**

**Live Healthier with  
Diabetes Feel better, be in  
control, and enjoy life!**

- \* **Help prevent or delay health complications.**
- \* **Improve your A1C (blood sugar reading quarterly)**
  - \* **Understand the importance of an action plan for diabetes control**
  - \* **Improve diabetes self-management**
- \* **Understand the value of communication.**
- \* **More knowledge about diabetes can Improve your life!**

## Program Details

- **For adults with Diabetes, age 60 or older.**
- **An online small group supportive, engaging evidence-based workshop series.** Materials are sent to your home and you commit to group sessions held once a week for 6 weeks.
- **Led by trained leaders.**
- Receive the **Living a Healthy Life with Chronic Conditions** book.
- This is a **FREE**, no cost workshop.

**A Fun, Informative  
6-Week Program  
held on-line**

**Fridays, February 19<sup>th</sup>  
through March 26<sup>th</sup>**

**Space is limited. Must register by contacting:  
Ellen Williams at [williamse@co.delaware.pa.us](mailto:williamse@co.delaware.pa.us)  
or by calling 610-499-1937.**