

# Health in Action

*Take the steps to  
a healthier lifestyle!*

## Six sessions to Better **Diabetes** Self-Management

Problem-solve your health challenges with the support of other participants. People with diabetes and caregivers are welcome.

This no-cost workshop series provides you with the tools to make an **action plan** for better health:

- › Healthy Eating
- › Physical Activity
- › Better Breathing
- › Medication Management
- › Communicating about Your Condition
- › And more!

**For this no-cost Health in Action workshop at home, you will need:**

- ⊙ **A phone in a quiet area to participate**
- ⊙ **Email address to receive required pre-registration materials and weekly remote reminders of the conference line call-in**
- ⊙ **One hour once a week for six weeks to share and connect with others**
- ⊙ **To complete a weekly action plan and report out on progress**
- ⊙ ***Living a Healthy Life* book shipped to your home at no cost after registration!**



Photo source: National Cancer Institute

## *Join us Via Phone*

Conference call line provided after registration

**Health in Action: Diabetes**  
**Tuesdays Oct 11-Nov 15 2022**  
**11:00am-12 noon**

Attendance required at all sessions  
Registration deadline Sept 26<sup>th</sup>  
Materials shipped to your home

To register, contact Jane at

[Jacri@coaaa.org](mailto:Jacri@coaaa.org)  
or 614-645-3866

