



## **LEARN SKILLS TO MANAGE YOUR DIABETES CARE!**

## **START IMPROVING YOUR HEALTH!**

### **Contact us to register:**

- (815) 544-3710
- Jan Saglier, Extension Program Coordinator
- (217) 543-3755
- Cheri Burcham, Extension Family Life Educator

If you need a reasonable accommodation to participate, please contact the event coordinator. Early requests are strongly encouraged to allow sufficient time to meet your needs.

### **Are you ready to manage your diabetes?**

- VIRTUAL Diabetes Self-Management Program (DSMP)
- Evidence-based six-week series
- Fridays, starting Oct. 3, from 1 - 3:30 pm  
No class Oct. 24
- Developed at Stanford University
- Different subject matters are taught
- Sessions are focused to help each participant manage their diabetes
- Covers both the physical and emotional aspects of managing diabetes



**Illinois Extension**  
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



College of Agricultural, Consumer and Environmental Sciences  
University of Illinois, U.S. Department of Agriculture, and Local Extension Councils Cooperating |  
University of Illinois Extension provides equal opportunities in programs and employment.