

Diabetes holding you back?

You're not alone and Healthy-U can help!

The *Healthy-U Diabetes Self-Management Program* is proven to *improve quality of life* for Type 2 diabetes patients -- and help them *save money* by reducing health care expenses. It's *free* to adults of any age with Type 2 diabetes and/or their caregivers.

At *Healthy-U*, people just like you meet in small groups to find ways to solve problems common to those with diabetes. You'll learn to control your symptoms through:

- *relaxation techniques*
- *managing sleep and fatigue*
- *communication with medical providers*
- *diet changes*
- *using medications correctly*
- *exercise*

Healthy-U begins *Thursday, January 19, 3:30 PM*
Lincoln Heights Health Center
1401 Steffen Ave., Lincoln Heights, OH 45215
Small groups meet weekly at *3:30 PM* for 6 weeks

For more information or to enroll:
(513)345-8628



learn to manage your symptoms



improve your quality of life



save \$\$ on health care costs