Feel Better Now with Diabetes is a workshop that will help you take control of your Diabetes rather than letting it control you!

If you have diabetes and you want to learn more about managing your disease, Feel Better Now with Diabetes is for you. By attending this workshop one time per week for 6 weeks, you will learn how to:

- Manage symptoms
- Communicate effectively with your doctor and other health care professionals
- Lessen your frustration
- Fight fatigue & pain
- Eat healthier & read nutrition labels
- Keep your blood sugar in check
- Make daily tasks easier
- AND...Get more out of life!

Location: Mercy-Smith-Glynn-Callaway, 3231 S. National, Springfield in the Diabetes Resource room, first floor
Date: Monday’s, September 14 - October 19, 2015
Time: 10:00 pm - 12:00 pm
RSVP: Call 417-888-6787 to register ~ Space is Limited! ~