

DIABETES

SELF-MANAGEMENT



WHEN

**Mondays, September 9th to
October 7th 2pm - 4pm**

WHERE

Rolla Towers

1440 Forum Drive, Rolla MO 65401

NO CHARGE

**INSTRUCTED BY KELSEY LINEBACK AND RACHEL BUENEMANN OF
UNIVERSITY OF MISSOURI EXTENSION**

No Cost as funded by Regional Arthritis Center.

**This class is taught through the
Phelps County Extension Center
200 North Main, Rolla MO 65401**

573-458-6260



CLASS FOR BETTER HEALTH

SKILLS

Menu Planning

Stress Management

Action Planning

Prevent Low Blood Sugar

Relaxation

FREE MATERIALS

Living a Healthy Life-Book

Body Scan-Relaxation CD

MORE SKILLS

**Working with your health
care provider**

Medication Usage

Communication Skills

Positive Thinking

ARE YOU READY TO CONTROL YOUR HEALTH?

**Commit to your health
management and RSVP by
calling 573-458-6260**

