

**Join us for a
FREE 6-week
virtual workshop!**



Do you have diabetes or an ongoing health condition? Then a “Take Charge” workshop is a good fit for you! Join us from the comforts of your home to build skills and gain confidence in managing your health and leading a fulfilling life. Workshops meet weekly for 2 ½ hours for six weeks.

**Take Charge of Your Health
For people with ongoing health conditions and their caregivers.**

Topics covered: Healthy Eating, Physical Activity, Stress Management, Action Planning and many more!

**Meets Tuesdays via Zoom
September 29 – November 3
1:30 – 4:00 p.m.**

[Click here to register](#)

**Take Charge of Your Diabetes
For people with pre-diabetes, diabetes and their caregivers.**

Topics covered: Monitoring, Healthy Eating, Menu Planning, Medication Management and many more!

**Meets Tuesdays via Zoom
October 6 – November 10
10:00 a.m. – 12:30 p.m.**

[Click here to register](#)

**Meets Wednesdays via Zoom
October 7 – November 11
10:00 a.m. – 12:30 p.m.**

[Click here to register](#)

**Meets Thursdays via Zoom
October 8 – November 12
4:30 – 7:00 p.m.**

[Click here to register](#)

Space is limited, so register today to reserve your spot. “See” you soon!

If you need help registering or have any questions about a virtual workshop, call the Health Promotion Team at AgeOptions at (800)699-9043 or email TakeCharge@ageoptions.org