

# Do **YOU** have Diabetes? *You are not alone.*

*In New Hampshire, nearly 1 out of every 5 people over 65 years old has diabetes.*



## Participate in a **Diabetes Self-Management Education Class.**

**When:**

**Where:**

### Join your neighbors in learning:

- How to manage your diabetes
- How to create an action plan and stick to it
- How to problem solve
- How to deal with stress
- How to select healthy choices
- When to contact the doctor
- .... and more

**It's Free!**  
**It's Social!**

**It's Fun!**  
**It's Informative!**



\* Diabetescareproject.org 2013 Data