



# Step Up to a Healthier Life

## Enroll in a Free Virtual Diabetes Self-Management Workshop

Do you want to improve your daily control of diabetes? Using Zoom, you will meet with other people with diabetes ONLINE to problem solve and support each other. You will learn skills to help you:

- Understand diabetes and how it affects you
- Make changes that will help you feel better
- Stay healthy so you have more time for your family
- Have energy for the activities that you enjoy
- Learn simple exercises that anyone can do
- Talk with your doctor about what's important to you

**The evidence-based workshop, originally developed at Stanford University, is helpful for those with diabetes, prediabetes and their family and caregivers.**

This six-week workshop will meet on Tuesdays. The dates are as follows:

**10:00 am–12:30 pm**  
**January 19, 26**  
**February 2, 9, 16, 23**

**Join each class from anywhere using Zoom**

**For more info or to register, contact Kate Phillips at Blue Ridge Medical Center 434-263-4000 or email [eatright@brmedical.com](mailto:eatright@brmedical.com)**

Presented in partnership with Jefferson Area Board for Aging, Blue Ridge Medical Center, Sentara Health, Rappahannock Rapidan Community Services, and the Population Health Department at UVA Health



Rappahannock Rapidan  
Community Services

