

Common symptoms for type 2 diabetes**:

- Blurry vision
- Cuts/bruises that are slow to heal
- Extreme fatigue
- Feeling very thirsty
- Feeling very hungry
- Weight loss
- Tingling, pain, or numbness in the hands/feet
- Urinating often

You may want to see a medical professional if you have experienced these common symptoms for diabetes.

Anthem®. This program is supported through a generous grant from the Anthem Blue Cross and Blue Shield Foundation.



The mission of the Western Reserve Area Agency on Aging is to provide choices for people to live independently in the place they want to call home.

*Pre-diabetes -Before people develop type 2 diabetes, they almost always have "prediabetes" — blood glucose levels that are higher than normal but not yet high enough to be diagnosed as diabetes from the American Diabetes Association, 2017.

**Symptom list adapted from American Diabetes Association, 2017.



A Diabetes Awareness Program

Diabetes is a national concern.

One in four Americans has diabetes and doesn't even know it.

This program is for you if:

- ✓ You are interested in healthy living.
- ✓ You are interested in learning more about diabetes.
- ✓ You want to reduce risks and/or complications of diabetes.
- ✓ You have type 2 diabetes or you are pre-diabetic*.



Western Reserve

Area Agency on Aging
Serving Cuyahoga, Geauga, Lake,
Lorain & Medina Counties

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The Key Is You!

Are you ready to make changes and learn how to control your diabetes? This interactive program is designed to **assist individuals and groups** with learning how to self-manage chronic diseases like diabetes. This program focuses on building a healthy lifestyle through nutrition, exercise, and stress management.

Contact our Community Outreach Department to learn more: 216.621.0303 ext.1357 or rcarpenter@psa10a.org.

Program offers:

- Workshops over the course of six weeks. Each workshop is 2.5 hours.
- Workshops are taught by trained and qualified diabetes self-management lay leaders.
- Participants enjoy healthy snacks/or light meal.
- Free health screenings – Blood Pressure, Body Mass Index (BMI), Cholesterol, Glucose, Height, and Weight measurements.



Come and learn how to manage type 2 diabetes by making small changes, step by step. Weekly topics include:

- Techniques to deal with the symptoms of diabetes— fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear, and frustration.
- Appropriate exercise for maintaining and improving strength and endurance.
- Healthy eating.
- Taking medications as prescribed.
- Working more effectively with health care providers.
- Ask us about setting up a class weekdays, weekends, and evenings.

