

管理您的糖尿病

華人諮詢服務處正與**AgeOptions**合作在這社區推出“管理您的糖尿病”計劃。講程共六節，每節2小時，由兩位經培訓並獲認可的組長帶領。透過更好的自我管理技巧，可以減少很多由糖尿病引致的併發症。“管理您的糖尿病”是由美國斯坦福大學研發的效益為本計劃。學員會學習各種自我管理工具，提高自己管理糖尿病的能力。授課主題：● 健康飲食 ● 壓力管理 ● 靈活性和耐力運動 ● 監測血糖 ● 用藥管理 ● 與您的醫生合作

日期: 2017年12月 開課 (日期待定)

時間: 待定

地點: 華人諮詢服務處→芝城華埠陳閣 (南端) 2141號

語言: 廣東話或國語

對象: 60歲以上人士或60歲以下殘障人士

費用: 免費



參加者必須出席達八成或以上

請致電 (312) 791-0418 轉 1123 沈小姐 (Simone), 1172 關小姐 (Queenie) 或 2102 關小姐 (Emily)

Together, AgeOptions and Chinese American Service League are partnering to bring Take Charge of Your Diabetes to you community. The free workshop consists of six sessions, each 2 hours and taught by two certified trained class leaders. Many of the complications related to diabetes can be reduced by better self management skills. Take Charge of Your Diabetes is evidence based program developed by Stanford University. Participants learn a variety of self-management tools which improve their ability to manage their diabetes. Topics taught: : ” Healthy Eating ” Stress Management ” Exercise, Flexibility and Endurance ” Monitor Blood Sugar ” Medication Management ” Working with Your Doctor

Dates: December 2017 (dates to be determined)
Time:: To be advised
Place: Chinese American Service League,
 2141 S Tan Court, Chicago, IL 60616
Language: Chinese Cantonese or Mandarin
Target: Adults over 60, or Adults below 60 with disability
Fee: Free of Charge



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