

Join us for a 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 an active, fulfilling life.

Topics discussed during Take Charge Workshops:

- Find out how healthy eating can improve your condition
- Create an exercise program that works for you
- Gain support and encouragement from others living with ongoing health conditions
- Learn ways to improve communication with your family, friends and health care providers
- Develop your own weekly goals to help you manage your condition
- Learn problem-solving strategies to help cope with pain, fatigue and frustration

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

Register for one of the workshops below that is right for you. Just click where indicated to register online. Otherwise call or email the person with the contact information provided.

Take Charge of Your Diabetes

Designed for people with pre-diabetes, diabetes and caregivers.

Mondays via Zoom
July 13 through August 17
1:00 pm - 3:30 pm
[Click here to register](#)

Mondays via Zoom
July 20 through August 24
9:30 am - 12:00 pm
[Click here to register](#)



Take Charge of Your Health

Designed for people with ongoing health conditions and caregivers.

Tuesdays via Zoom
July 14 through August 18
1:00 pm - 3:30 pm
[Click here to register](#)

Info Session: Wednesday, July 8 - 12:30 pm
Workshop: Wednesdays via Zoom
July 22 through August 26
1:00 - 3:30 pm
Call Sarah Groeper at (630)699-1988
or email sgroeper@prparks.org

Info Session: Thursday, July 16 - 10:00 am
Workshop: Thursdays via Zoom
July 23 through August 27
10:00 am - 12:30 pm
Call Amanda Foltz at (815)310-5816
or email afoltz@cc-doj.org

Tomando Control de su Diabetes

A Spanish version of Take Charge of Your Diabetes.

Fridays via Zoom
July 17 through August 21
9:30 am - 12:00 pm
[Click here to register](#)

Tuesdays via Zoom
July 21 through August 25
9:30 am - 12:00 pm
[Click here to register](#)

Tomando Control de su Salud

A culturally adapted Spanish version of Take Charge of Your Health.

There are no workshops scheduled at this time

If you have any questions about virtual workshops, call the Health Promotion Team at AgeOptions at (708)699-9043 or email TakeCharge@ageoptions.org.