

PSA - *Healthier Living Colorado-Diabetes*TM Class

Are you dealing with the challenges of living with diabetes? Registration is now open for the up-coming *Healthier Living Colorado-Diabetes*TM class facilitated by Otero County Health Department staff members, Jo Jancar and Loretta Kerr. The class will meet once a week from 3:00 to 5:30 p.m. for six weeks running from September 20th, 2010, through October 25th, 2010, at the Combined Community Library, 1007 Main, Ordway. There is no charge for the entire six session class.

*Healthier Living Colorado-Diabetes*TM is a diabetes-specific self-management program developed at Stanford University. Research has shown it helps participants cope with fatigue, frustration, pain, and stress.

To register for the class or if you have questions about the class please contact Loretta Kerr at 719-383-3454. Family or caregivers are also encouraged to attend and will need to register as well.