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News Release

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COUNTY OF KAUI
AGENCY ON ELDERLY AFFAIRS
KEALOHA TAKAHASHI, EXECUTIVE
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Workshop series aims to help seniors with diabetes

LĪHU'E – Many of our Kaua'i older adults have benefitted from the Diabetes Self-Management Program offered by the Agency on Elderly Affairs.

For a limited time, adults/individuals 60 years and older can participate in this healthy aging program and learn about self-management and the importance of self-care.

The highly interactive Diabetes Self-Management workshop series runs for six weeks starting Tuesday, Feb. 7. Classes will be held every Tuesday from 9 to 10 a.m. via telephone conference call.

To register for the Diabetes Self-Management Workshop Program, please contact Johnny Yago at 808-241-4898 or jyago@kauai.gov at least five business days before the start of the workshop.

Developed by Self-Management Resource Center (SMRC), the program is designed to provide support and build confidence in the participants' ability to manage their diabetes while maintaining active and fulfilling lives.

To gain maximum benefit, participants should plan on attending all six sessions.

Pre-registration is required and is limited to five participants.

Among the topics that will be covered are:

- 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;
- Appropriate use of medication; and
- How to work more effectively with healthcare providers.

Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

The workshop is a part of a statewide initiative called Hawaii Healthy Aging Partnership – Empowering Elders.

For more information on the Diabetes Self-Management workshop, please go to the Hawai'i Healthy Aging Partnership website: <https://hawaiihealthyaging.org/> or <https://www.kauaiadrc.org/>

If you need an auxiliary aid/service or other accommodation due to a disability, please contact Johnny Yago at 808-241-4898 or jyago@kauai.gov as soon as possible. Requests made as early as possible will allow adequate time to fulfill your request. Upon request, this notice is available in alternate formats such as large print, Braille, or electronic copy.

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