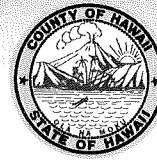




Better Choices
Better Health
KE OLA PONO



TOOLKIT with weekly telephone contact

... a new mode of delivering the Diabetes Self-Management Program

Developed specifically to reach those

- Who want to manage their Diabetes
- 60+ years old & their caregivers
- Not allowed to attend face-to-face classes
- Who cannot or will not use a computer
- Without computer access
- Isolated

You get a TOOL KIT for Active Living with Diabetes

- Living a Healthy Life with Chronic Conditions Book
- A CD for Exercise
- A CD for Relaxation
- Diabetes Plate Magnet when making changes in your eating plan
- Booklet with a self-test that directs people on how to individualize their use of the tool kit

Why me?

- I have ongoing health problems with Diabetes
- I want to manage my physical and emotional issues and the challenges dealing with Diabetes
- I want to build endurance
- I want to communicate effectively with my family and healthcare professionals
- I want to plan for the future

What will I learn or gain from participating?

- Set my own goals with action plans
- Problem solve issues
- Get fit and exercise at my own pace
- Learn how to relax
- Make decisions

How can I participate?

- Six weekly telephone conference calls
- One hour a week

How much will it cost me?

- Presently, there is **NO COST** for Big Island participants. Workshop is funded in part by the County of Hawaii and Title III of the Older Americans Act through the Hawai'i State Executive Office of Aging

"This is an excellent method to accurately determine your health, eating habits, emotions, & plan for the future." LU



"The materials are 'tools' we can use long after the 6-week program. The 'action planning' for self management was the most helpful tool for me." CI

How can I start?

✓ Choose to learn tools to encourage and assist you in managing your health, staying active and **ENJOYING LIFE!**

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Better Choices/Better Health
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Registration is now open for:
Diabetes Self-Management Program
Chronic Disease Self-Management Program