

# SENIOR WINTER SERIES

Aging in Place Community Education Series

Free Classes at the Grayson Library

Join us for a three-part series designed to help individuals and families plan for the future, stay informed, and feel confident about aging in place.

Location: Grayson Library

Time: 5:30–6:30 p.m.

Cost: Free

Session Topics

**March 4th**

Insurance and Community Resources

Receive in-depth information on insurance options and local community resources to help you navigate available services and make informed decisions.

**March 11th**

Planning for the Future

Explore long-term planning and the important documents needed to ensure your wishes can be carried out if circumstances change.

**March 18th**

Aging in Place: An Overview

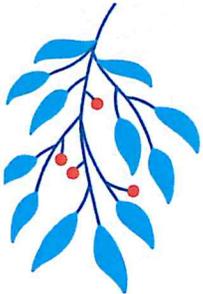
Learn about key topics that support aging in place, including housing options, health and wellness, transportation, personal finance, and social connections and personal growth.

Registration Information

**RSVP by February 25**

Email: [rhines@graysoncountyva.gov](mailto:rhines@graysoncountyva.gov)

Phone: 276-768-8162



# BALANCED LIVING WITH DIABETES

A PROGRAM FOR PEOPLE WITH TYPE 2 DIABETES & THEIR FAMILIES



Focus on Food & Fitness

## GOALS

Join *Balanced Living with Diabetes*, a 6-week program, where you get support to eat healthier, be more active, and take control of your diabetes.

Control your blood sugar and prevent diabetes complications



Be more active.



Choose healthy foods.



Keep track of your blood sugar.



Take care of yourself—follow what your doctor recommends.

6 weekly sessions and a 2-month reunion session



Learn more about how to manage your diabetes



Practice choosing healthy foods



Practice being more active



Taste healthy recipes



Set goals and keep track of your progress

Get a tote bag filled with tools!



Class materials and handouts in a binder



Placemat



Measuring cups and spoons



2 cookbooks



step-counter and stretch bands

For More Information:

Mondays, March 2nd-April 6th

5:30-7:30 PM

Hosted at the Grayson County Library

147 South Independence Ave

To register call (276) 688-3542.

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Virginia Tech  
Center for Public Health  
Practice and Research



Virginia Tech • Virginia State University



If you are a person with a disability and desire any assistive devices, services, or other accommodations to participate in these activities, please contact the Wythe County Extension (276-223-6040) from 8:00 am to 5:00 pm to discuss accommodations at least 5 days prior to the event. TDD number is (800) 828-1120.

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