



## **PRESS RELEASE**

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### **Liberty Parks & Rec has expanded its FREE Virtual Evidence-Based Programs!**

**LIBERTY Mo.** – The Liberty Parks & Rec Health & Wellness Division will host a FREE Virtual Diabetes Self-Management workshop on Tuesdays, Nov. 3 – Dec. 15.

The program meets the American Diabetes Association’s Diabetes Support Initiative criteria and is appropriate for those who have Type 1 Diabetes, Pre-Diabetes, Type 2 Diabetes or serve as caretaker for family or friends with one of these conditions.

Participants will engage with the instructors and each other, building confidence in their ability to manage their health, and maintain active and fulfilling lives through mutual support and success. Also included in this program, is an “Introduction to Virtual Workshops” class that teaches everything you’ll need to know about Zoom meetings.

Diabetes Self-Management is taught by Victoria Jackson, Liberty Parks & Rec’s Health & Wellness Coordinator, and Michael Casey. Jackson has a Master’s of Science in Nutrition and Casey is a retired teacher with extensive teaching experience. Both program presenters have been trained and certified to teach the program and bring with them first-hand, personal and family experiences with diabetes.

This project was funded in part by an award to the Missouri Association of Area Agencies on Aging through a grant from the Prevention and Public Health Fund given by the US Department of Health and Human Services, Administration for Community Living.

Diabetes Self-Management is the newest of several self-management workshops offered by Liberty Parks & Rec. More information about this workshop and our other specialty fitness and wellness programs is online » [www.libertymissouri.gov/specialtyfitness](http://www.libertymissouri.gov/specialtyfitness).

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