



Healthy Living with Diabetes is a six-week workshop for adults of all ages who have type 2 diabetes, pre-diabetes, or who live with someone that does.

Healthy Living helps you build confidence in your ability to manage your condition.

Topics include:

- Healthy eating and nutrition: food label reading and meal planning
- Dealing with stress, relaxation techniques
- Preventing low blood sugar, strategies for sick days, foot care, medication management
- Partnering with your health care provider
- Short-term goal setting
- Physical activity, endurance
- Feedback and problem-solving
- Dealing with difficult emotions, depression
- Communicating effectively with friends, family, and your medical team, and more!

Participants who complete the workshop can keep the *“Living a Healthy Life with Chronic Conditions”* book.

Cost: No fee



Healthy Living with Diabetes

Tuesdays, 1:00 - 3:30 p.m.

October 13 - November 17, 2020

(plus Certified Diabetes Educator on Nov 24)

Virtually via Webex (Need Internet & device)

Program coordinator will assist with set up.

Toolkit with Phone Support available for those without Internet.

Registration

Please register at least one week in advance by calling 715-839-4735 or online at www.adrcevents.org.

