



Healthy Living with Diabetes is a 6-week self-management 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 receive a complimentary companion book, *“Living a Healthy Life with Chronic Conditions.”*

Cost: No fee



Healthy Living with Diabetes

Tuesdays, 1:00 - 3:30 pm

September 13 - October 18, 2022

(plus Certified Diabetes Educator on Oct 25)

Location:

Eau Claire County Courthouse
721 Oxford Avenue, Eau Claire

Registration

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

