



Healthy Living with Diabetes is an evidence-based program for adults of all ages who have type 2 diabetes, pre-diabetes, or live with someone who does. In just 6 weeks, you learn to take charge of your health and get back to doing the things that matter to you.

Build confidence in your ability to manage your condition.

You will get information and advice for:

- Healthy eating: Meal planning and reading nutrition labels
- Short-term goal setting
- Feedback and problem-solving
- Stress and depression management
- Preventing low blood sugar, strategies for sick days, foot care, medication management
- Managing difficult emotions
- Tips for physical activity and exercising
- Working with and communicating more effectively with family, friends, and medical providers
- Dealing with difficult emotions, and more!

Participants receive a complimentary companion book, *“Living a Healthy Life with Chronic Conditions.”*



Healthy Living with Diabetes

A diabetes diagnosis brings big changes.
Find solutions that work for you.

Tuesdays, 1:00 - 3:30 pm

September 17 - October 22, 2024

(plus Certified Diabetes Educator on Oct 29)

Location:

Grace Lutheran Church

202 West Grand Avenue, Eau Claire

No fee (\$10 suggested contribution)

Registration

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

