



# Healthy Living *with* Diabetes



## What is *Healthy Living with Diabetes*?

This is a proven workshop...

- Designed for adults with type 2 diabetes or pre-diabetes or their caregivers
- Teaches skills to effectively manage diabetes, or delay the onset of diabetes
- Can result in 25% improvement in your condition
- Can help minimize the adverse effects of diabetes

The workshop, facilitated by two trained leaders, including one who has diabetes, meets for 2½ hours once a week for six weeks. This workshop does not replace existing treatments, but serves to complement a participant's medical treatment.

### Topics Include:

Overview on what is diabetes, diabetic meal planning, reading nutrition labels, preventing low blood sugar, managing difficult emotions, sharing/problem solving, exercising tips, preventing/delaying complications, working with and communicating more effectively with providers, and much more.

### What's in it for me? *People who have taken the workshop show:*

- Better health, and a sense of confidence in managing their diabetes
- Improvements in blood sugar levels
- Decrease in health distress and hypo- and hyperglycemia
- Fewer doctor and emergency room visits and fewer hospitalizations

*"I thought I was familiar with diabetes and many of its hazards --but this program exposed me to all and gave me the knowledge and confidence to self manage and to work more effectively with my doctor to identify solutions."*

David, Green Bay

## Upcoming Workshop:

- ♦ **Mondays, Aug 7-Sept 18 (no class held on Labor Day), 12:30 - 3:00 p.m., Parkway Highlands, 251 Highland Park Ave, Green Bay**  
**Cost: \$20** includes all learning materials and book titled *Living A Healthy Life with Chronic Conditions*

**Call the ADRC at (920) 448-4300** for more information, class availability, to register, or if you need respite care to attend as the ADRC may be able to help reimburse for the cost of respite care. See back of flyer for registration and payment instructions.

**Sponsored by:**



Reasonable accommodations are available. If you require an accommodation, contact the ADRC 5 days prior to the class date.