



**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 with Diabetes

**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
- Relaxation techniques
- Partnering with your health care provider
- Short-term goal setting
- Fitness for exercise and fun
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team, and more!

**Cost:** No fee



Tuesdays, 1:00 - 3:30 p.m.  
 March 12 - April 23, 2019  
 (plus Certified Diabetes Educator on April 30)  
 Grace Lutheran Church  
 202 W Grand Avenue, Eau Claire

Tuesdays, 1:00 - 3:30 p.m.  
 May 14 - June 18, 2019  
 (plus Certified Diabetes Educator on June 25)  
 UW Extension/Ag & Resource Center  
 227 1st Street West, Altoona

Mondays, 1:00 - 3:30 p.m.  
 October 14 - November 18, 2019  
 (plus Certified Diabetes Educator on Nov 25)  
 UW Extension/Ag & Resource Center  
 227 1st Street West, Altoona

**Registration**

Please register at least one week in advance by calling 715-839-4735 or online at [www.adrcevents.org](http://www.adrcevents.org).