



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.

April 9 - May 21, 2019

(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.

