



**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 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 who complete the workshop can keep the *“Living a Healthy Life with Chronic Conditions”* book.

**Cost:** No fee



# Healthy Living with Diabetes

Thursdays, 9:00 - 11:30 a.m.  
 April 2 - May 7, 2020  
 (plus Certified Diabetes Educator on May 14)  
 Grace Lutheran Church  
 202 W Grand Avenue, Eau Claire

Tuesdays, 1:00 - 3:30 p.m.  
 May 19 - June 23, 2020  
 (plus Certified Diabetes Educator on June 30)  
 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).

