Healthy Living *with* Diabetes

What is *Healthy Living with Diabetes*?

This researched and proven workshop is designed to help people who have Type 2 diabetes learn skills and increase their knowledge for managing diabetes. People who have pre-diabetes and Type 1 diabetes or adults living with someone who has diabetes are encouraged to attend also!

This small group workshop is led by two trained facilitators and meets for **2½ hours once a week for six weeks**. The workshop does not replace existing treatments, but serves to complement a participant's current medical plan.

Topics Include:

- What is Diabetes?
- Sharing & Problem-Solving
- Setting short-term goals
- Healthy Eating: Meal planning and reading nutrition labels
- Tips for exercising
- Stress & depression management
- Monitoring blood sugars
- Preventing low blood sugar
- Managing difficult emotions
- Preventing or Delaying Complications
- Working with and communicating more effectively with family, friends, and medical providers.

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

- Better health and increased confidence in managing their diabetes
- Improvements in blood sugar levels and A1C
- Decrease in health distress and hypo- and hyperglycemia
- Minimize the adverse effects of diabetes
- Fewer doctor and emergency room visits and fewer hospitalizations

Cost: **$10** to help cover the cost of the book that each participant receives.

Upcoming workshop:

Tuesdays, October 9th- November 13th, 1:30-4:00pm

Burnett Medical Center, 257 W Saint George Ave, Grantsburg, WI

Space is limited! Call the ADRC at 877-485-2372 to register today!

Did you know?

- One of every 11 Americans is affected by diabetes.
- In Wisconsin, there are 400,000 adults with diabetes and 1.45 million adults with pre-diabetes

Check out our other healthy living programs by visiting:

www.adrcnwwi.org

Click Healthy Aging

www.wihealthyaging.org

Click "Find a workshop"

Provided to You in Partnership:

ADRC Aging & Disability Resource Center of Northwest Wisconsin

Burnett Medical Center

wiha Wisconsin Institute for Healthy Aging

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