Healthy Living with Diabetes

Living with or caring for someone with Diabetes can affect your quality of life. This ***FREE* 6-week workshop** will give you the support you need to find practical ways to deal with your condition, discover better nutrition and exercise choices, and learn better ways to talk with your doctor and family about your health.

Classes are held **once a week, for 2.5 hours**. There are two leaders for each class and you will learn how to better manage living with diabetes and so much more!!

A few of the topics discussed are:

- Nutrition and healthy eating
- Meal planning
- How to begin an exercise program
- How to better manage medications and side effects
- Relaxation techniques
- Monitor your blood sugar
- You will learn techniques on how to deal with pain, frustration, and fatigue
- Goal setting
- *and learn to get more out of life!!*

Classes are interactive and highly participative. Mutual support and success builds your confidence in your ability to manage your health and maintain an active life. Friendships are built! If you have Diabetes, this workshop can assist you in taking control of your health condition.

"Since enrolling in the class I learned a great deal about nutrition & healthy eating, meal planning, exercise, how to monitor my blood sugar and how to get more out of life. I have a lot more confidence to make healthier choices in my lifestyle."

"This class has provided my husband and I with invaluable information and the instructors were very motivational….. Reading labels, counting carbs and protein, and daily exercise has made us realize that we are capable of controlling this disease. Thank you so much."

WORKSHOP DATES/TIME:

Mondays May 2 – June 13, no class Memorial Day (May 30)

12:30 p.m. – 3:00 p.m.

Pre-registration is required

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