

# Healthy Living with Diabetes

## An In-person Workshop

"I learned so much! Connecting was easy, the leaders were so friendly and helpful, and I got to know others who are dealing with the same things I am."

Healthy Living with Diabetes participants have a **53% reduction in emergency department visits.**

### What is Healthy Living with Diabetes?

Healthy Living with Diabetes is an evidence-based program for adults who have type 2 diabetes, pre-diabetes, or live with someone who does.

### How does it work?

Simply follow the registration instructions below and we'll provide you with access to the sessions, contact you to make sure you are able to join, and help during the workshop if you have any problems.

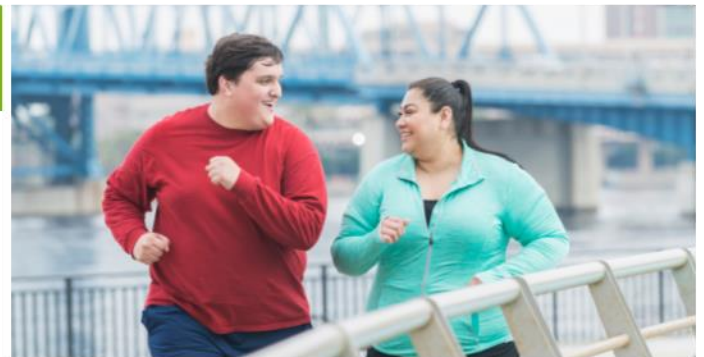
### Workshop Dates & Locations

**September 19 – October 24, 2022**  
**9:30am-12pm**

**Key Savings Bank**  
**292 Matterhorn Tr.**  
**Nekoosa, WI 54457**

**Suggested Donation: \$20 (Not required to take class)**

To Register Call: The Aging & Disability Resource Center at (920) 787-6666 or toll free at 1-877-883-5378.



**Build confidence** in your ability to manage your condition.

### You'll get information & advice for:

- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Partnering with your health care provider
- Short-term goal setting
- Exercise for fitness and fun
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team

