

Healthy Living with Diabetes

What is Healthy Living with Diabetes?

This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their diabetes. The workshop meets for 2½ hours once a week for six weeks.

Who should take the workshop?

- Adults with type 2 diabetes
- Adults with pre-diabetes
- Adults living with someone who has diabetes

What's in it for me?

People who have taken the workshop show:

- Better health, health behavior and a sense of confidence in managing their diabetes.
- Decrease in health distress and hypo- and hyperglycemia.
- Fewer doctor and emergency room visits and fewer hospitalizations.
- Improvements in blood sugar levels.

Workshop Times & Location

All workshops will be held at our William T. Evjue Clinic, located at 3434 East Washington Avenue. A healthy snack will be provided. There is no cost, but registration is required.

UPCOMING WORKSHOPS

► English Workshop (*every Wednesday*)

- 10/9/19 – 11/13/19; 5:00 p.m. – 7:30 p.m. To register, call Elissa Sprecher at 608.230.7425.