

Healthy Living with Diabetes

Help yourself
to better health!

A diabetes diagnosis brings big changes.
Find solutions that work for you.

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 of all ages who have type 2 diabetes, pre-diabetes, or live with someone who does. In just 6 weeks, you learn to take charge of your health and get back to doing the things that matter to you.

Six-Week Workshop!

**February 28-April 3
(Wednesdays)**

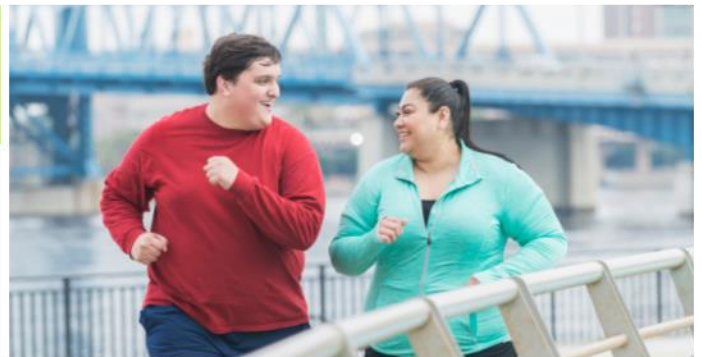
1:00 pm – 3:00 pm

Suggested Donation \$10

**Class will be held in-person at the
Walworth County Health and Human
Services**

**1910 County Rd NN
Elkhorn, WI. 53121**

To register, call (262) - 741-3309



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

