

Healthy Living *with* Diabetes - 2019



What is *Healthy Living with Diabetes*?

This is a proven workshop...

- Designed for adults with type 2 diabetes or pre-diabetes and their caregivers
- Teaches skills to effectively manage diabetes or delay the onset of diabetes
- Can result in 25 percent improvement in your condition
- Can help minimize the adverse effects of diabetes

The workshop, facilitated by two trained leaders, including one who has diabetes, meets **for 2½ hours once a week for six weeks**. This workshop does not replace existing treatments but serves to complement a participant's medical treatment.

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 a sense of confidence in managing their diabetes
- Improvements in blood sugar levels and A1C
- Decrease in health distress and hypo- and hyperglycemia
- Fewer healthcare provider and emergency department visits and fewer hospitalizations

Cost: *Optional workbook purchase of \$20*



wiha
Wisconsin Institute
for Healthy Aging

Did you know?

- One of every 12 Americans is affected by diabetes.
- In Wisconsin, there are 475,000 adults with diabetes and 1.45 million adults with pre-diabetes.

Upcoming **FREE** Workshops

Thursdays, January 17 to February 21 • 6 to 8:30 p.m.

Agnesian Health Shoppe
307 Camelot Drive
Fond du Lac

Wednesdays, March 6 to April 10 • 1 to 3:30 p.m.

Holy Family
271 Fourth Street Way
Fond du Lac

For more information call
(920) 926-5418 or
(920) 906-4774

Coming Soon! Sessions in Waupun & Ripon

Register online at
agnesian.com/know-and-go-classes



Public Health
Prevent. Promote. Protect.
Fond du Lac County
Health Department



Check out our other healthy living programs by visiting us online at:
www.wihealthyaging.org
Click "Find a Program"

¿Hablas Español?

Keetah Smith:
(414) 225-4227