



Healthy Living with Diabetes?

It's a big promise...but we can keep it!

A diabetes diagnosis can bring big changes in your life. Find solutions that work for you.



Healthy Living with Diabetes is proven to make a big difference in your health — and your life. In just 6 weeks, you can learn to take charge of your health and get back to doing the things that matter to you.

What is Healthy Living with Diabetes?

It's an evidence-based, six-week workshop for adults of all ages who have type 2 diabetes, pre-diabetes, or who live with someone who does.

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

Take a Healthy Living with Diabetes workshop and get information and 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

For Information about Upcoming Workshops

Contact

Amie

Aging and Disability Resource Center of

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715-479-3625 or 800-374-1123

