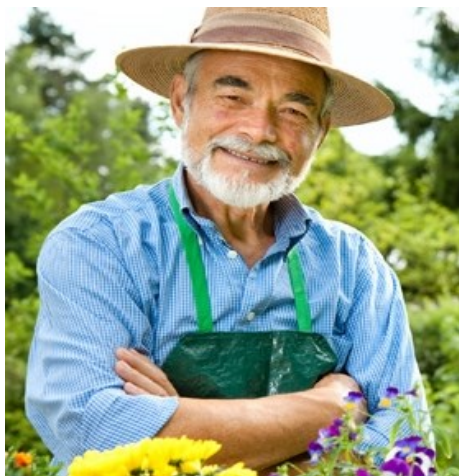




Living Well Evidence-Based Programs

Living Well With Diabetes



Manage diabetes to stay active and enjoy your life.

This workshop guides people with Type 2 diabetes to develop lifestyle strategies to improve overall well-being. Participants learn practical techniques to manage symptoms like fatigue, pain, hyper/hypoglycemia and stress.

Trained peer leaders facilitate the interactive classes encouraging development of weekly action plans and maintaining goals set. Open to adults with chronic conditions, family members and caregivers.

The workshop is part of the health self-management evidence-based programs developed by Stanford University and offered across the US.

Learn to:

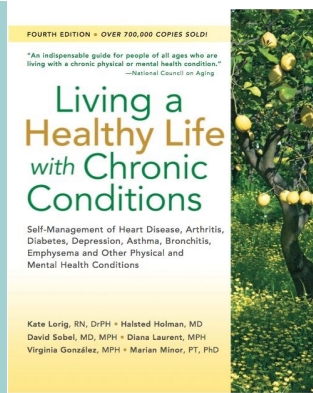
- Healthy eating, nutrition and exercise strategies for endurance and strength.
- Techniques to address frustration, fatigue, isolation and poor sleep.
- How to work effectively with family and health providers.
- Appropriate use of medications.
- To take control, manage the condition and enjoy your life!

WORKSHOPS:

October 9, 16, 23, 30 and November 6, 13

1:00pm—3:30pm
Sophie Lake Room
Black Bear Casino Resort

Lunch will be provided.



Register today—Space is limited!

Contact Barb Heikkila 218-878-2141 or email, barbaraheikkila@fdlrez.com