

Healthy Living *with* Diabetes



What is *Healthy Living with Diabetes*?

This is a proven workshop...

- Designed for adults with type 2 diabetes or pre-diabetes or their caregivers
- Teaches skills to effectively manage diabetes, or delay the onset of diabetes
- Can result in 25% 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 doctor and emergency room visits and fewer hospitalizations

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

For Information on Upcoming Workshops Contact

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Wisconsin Institute
for Healthy Aging