

# Healthy Living *with* Diabetes



## What is *Healthy Living with Diabetes*?

This researched and proven workshop is designed to help adults with Type 2 diabetes learn skills and increase their confidence to manage their diabetes. People with pre-diabetes, Type 1, or caregivers are welcome to join!

The **free** workshop meets for 2½ hours once a week for six weeks.

*Healthy Living with Diabetes* does not replace existing treatments, but rather complements the current treatment a participant receives.

## Who should take the workshop?

- Adults with type 2 diabetes,
- Adults with type 1 diabetes,
- Adults with pre-diabetes, or
- Adults living with someone who has diabetes

**What's in it for me?** People who have taken the workshop show:

- Better health and increase in confidence to 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

## Free Workshop Dates & Location

April 30 – June 4, 2019

Tuesdays, 1pm – 3:30pm

Brule Valley Apartments

14013 E. Brule Valley Avenue

Brule, WI

- Additional workshops may be offered in the future. Contact us to be put on a wait list!

## Did you know?

- One of every 11 Americans is affected by diabetes.
- In Wisconsin, there are 400,000 adults with diabetes and 1.45 million adults with pre-diabetes
- Diabetes is leading cause of blindness, heart disease and stroke, and amputation of lower extremities.
- Diabetes is a very expensive disease to treat: direct hospital and other medical costs of \$4.07 billion and indirect costs (e.g., lost wages) of \$2.7 billion (2009 data for Wisconsin).



**To Register or for more information contact:**

**Luann at Senior Connections  
715-394-3611 or 1-800-870-2181**

