

Healthy Living with Diabetes

Is a 6-week workshop proven to help people with diabetes better manage their condition. This workshop is designed to help adults with Type 2 diabetes or pre-diabetes learn self-management skills and increase their confidence in managing their diabetes. This workshop meets once a week for 6 weeks—2 ½ hours each session.

While you may see a physician or another health care provider several times a year, most days **you are the one** who controls your diabetes through monitoring, nutrition, exercise and managing your symptoms. People who take this workshop learn techniques to deal with the symptoms of diabetes. Learn about appropriate exercise, use of medication and healthy eating strategies. Individuals report improved health, health behavior, and a sense of confidence in managing their diabetes.

This workshop is sponsored by Iowa County ADRC and the Iowa County Public Health Department. If you are interested in taking this workshop or have questions please call ADRC at 608-930-9835 or the Iowa County Public Health Department at 608-930-9870.