

Healthy Living *with* Diabetes



What is *Healthy Living with Diabetes*?

This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their diabetes. The workshop meets for 2½ hours once a week for six weeks.

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

Who should take the workshop?

- Adults with type 2 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, health behavior and a sense of confidence in managing their diabetes
- Improvements in blood sugar levels
- Decrease in health distress and hypo- and hyperglycemia
- Fewer doctor and emergency room visits and fewer hospitalizations

HEALTHY LIVING WITH DIABETES

DATES: Thursday's: April 6 – May 11, 2017

LOCATION: Loyal Community Hall, 301 N. Main St.

TIME: 1:00 to 3:30 p.m.

TO REGISTER: Call or complete the form:

Clark County Aging Office 715-743-5144

Workshop for adults with diabetes, pre-diabetes, or living with someone who has diabetes.

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
- 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).



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Wisconsin Institute
for Healthy Aging



"The Aging and Disability Resource Center of Clark County provides a single source for information and assistance for older adults, adults with disabilities, and their caregivers while supporting self-sufficiency, quality of life, and dignity."