

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

REGISTRATION INFORMATION:

Workshop Date & Location:

6 week series June 7 – July 12 at 1:00 – 3:30 PM

Grant Regional Health Center – Madison Street Conf. Room

Cost: \$20 for series, Scholarships available – ask us for more info!

Register and pay online at www.grantregional.com

Questions? Call: (608) 723-3255 or

Email: communityed@grantregional.com



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).



wiha
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For more information, contact:

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Check out our other healthy living programs by visiting us online at:

wihealthyaging.org