Healthy Living with Diabetes

Upcoming Workshops

Wednesdays, Sep 9 - Oct 14, 2020
5 - 7:30 p.m.
ADRC
300 S Adams Street, Green Bay
$20 (includes all learning materials)

Mondays, Oct 19 - Nov 23, 2020
1 - 3:30 p.m.
ADRC
300 S Adams Street, Green Bay
$20 (includes all learning materials)

YOU Can Manage Your Diabetes

Learn the step-by-step process toward effective management of diabetes and pre-diabetes. This interactive workshop is for adults with type-2 diabetes or pre-diabetes, or a loved one who is in charge of meal management.

We meet for 2 1/2 hours once a week for 6 weeks and our sessions are facilitated by trained leaders who are living with diabetes. This workshop does not replace your medical treatment but will enhance and complement that program.

Topics Include:
- Overview of diabetes
- Healthy meal planning
- Reading nutrition labels
- How to prevent low blood sugar
- How to manage difficult emotions
- Problem solving & goal setting
- Exercise tips
- Preventing/delaying complications
- How to communicate more effectively with healthcare providers

“This class helped me make better choices not only about food but exercise and attitude. With the right tools I can help manage this. I liked the fact there were other people just like me and I learned so much from them as well, they inspired me along with the class leaders”
~ Caroline, Green Bay

Registration is required. Space is limited.
Deadline to register is one week prior to start date, or upon filling.
Call ADRC (920) 448-4300 to register or for more details.
Reasonable accommodations for disabilities are available, please request 5 days in advance.