

# Supporting your Diabetes Diagnosis

*Proven steps to self management*

## Upcoming Workshop

**Mondays,  
Apr 8 - May 20, 2024  
1 - 3:30 p.m.**

**ADRC**

300 S. Adams St. Green Bay

**\$25 Suggested Donation**

(helps offset cost of learning materials)

## *A few hours can put YOU in control!*

In this workshop, you will be provided a space that not only provides proven curriculum based education, but empowers people to create healthy habits by building relationships (friendship and camaraderie) with others in a similar situation.

If you or someone you love has been diagnosed with pre-diabetes, type 2 diabetes, or is caregiving for someone with a diagnosis, please join us for this interactive and supportive workshop.

*“Participating in the Healthy Living with Diabetes course is a great way to receive quality information in a non-clinical setting. In addition, participating in the course allows people to connect with others who have similar diabetes-related interests and goals. I often recommend the course to patients that I work with due to the content, varying days and times that it’s offered as well as its affordability.”*

*~ Marie Smith, RDN, CDCES, Prevea Health*



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**ADRC**  
Aging & Disability Resource Center  
of Brown County

**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.

ADRC, 300 S. Adams Street,  
Green Bay, WI (920) 448-4300

 [adrcofbrowncounty.org](https://www.adrcofbrowncounty.org)  
[adrcbrowncountywi](https://www.adrcbrowncountywi.org)