

Supporting your Diabetes Diagnosis

Proven steps to self management

Upcoming Workshop

**Mondays,
Sep 16 - Oct 21, 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!

This workshop will empower you to create healthy habits and build relationships (friendship and camaraderie) with others in a similar situation. The curriculum includes topics such as preventing low blood sugar, making decisions, navigating difficult emotions, positive thinking, communication, problem-solving, and dealing with stress.

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

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