



# Healthy Living with Diabetes

## Why Healthy Living with Diabetes?

Managing diabetes is more than numbers—it's about habits, confidence, and support. This program helps you:

- Make confident daily health choices
- Build resilience and positive thinking
- Strengthen communication with family, caregivers, and providers
- Solve everyday challenges
- Reduce stress and boost well-being

## What to Expect?

Interactive workshops blend education, skill-building, and group support:

- Weekly sessions for 7 weeks
- 2.5 hours each
- Practical tools, guided discussions, peer support
- For those with prediabetes, type 2 diabetes, or caregivers

Welcoming to all experience levels. Participants commit to weekly sessions, simple activities, and shared learning. This program is also offered in Spanish!



## Check for Upcoming Workshops

Visit us online or give us a call!

[adrcofbrowncounty.org](http://adrcofbrowncounty.org)

920-448-4300

Registration is required and space is limited!

**\$35 Suggested Donation** Thanks for being part of our class! Although the suggested donation is \$35, the true value is \$248, and any additional support helps cover costs and expands future opportunities.



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