

# LIVING A HEALTHY LIFE WITH DIABETES

[www.healthy-living-now.ca](http://www.healthy-living-now.ca)



Living a Healthy Life with Diabetes is a FREE four-week workshop for people living with prediabetes or type 2 diabetes. You will develop the skills to manage your prediabetes and type 2 diabetes daily and help prevent complications.

This Workshop is designed to enhance your regular diabetes care. It is a good addition to your diabetes education programs.

## SUBJECTS TO BE COVERED INCLUDE:

- Making an action plan
- Healthy eating
- Problem solving
- Preventing complications
- Exercise
- Stress management
- Difficult emotions
- Monitoring blood sugar
- Preventing low blood sugar
- Positive thinking
- Communication
- Managing medications
- Future plan
- Sick days
- Foot care
- Working with your health care team

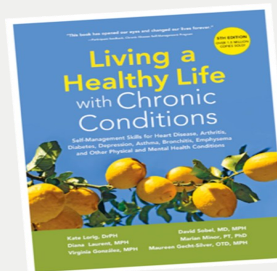
THE WORKSHOP IS ALSO OPEN TO CAREGIVERS, SUPPORT PERSONS AND FAMILY MEMBERS.



## Weekly ZOOM Meetings

**Thursdays February 2, 9, 16 & 23rd, 2023**

**10:00am-11:30am**



**AS PART OF THE WORKSHOP YOU WILL RECEIVE A FREE BOOK**

[For more information or to register, please call: 905-303-8490; ext 2.](#)

**Or register online at:**

**[www.healthy-living-now.ca](http://www.healthy-living-now.ca)**

