

Healthy Living *with* Diabetes



What is *Healthy Living with Diabetes*?

This researched and proven workshop is designed to help adults with Type 2 diabetes learn skills and increase their confidence to manage their diabetes. People with pre-diabetes, Type 1, or caregivers are welcome to join!

The workshop meets for 2½ hours once a week for six weeks.

Healthy Living with Diabetes does not replace existing treatments, but rather complements the current treatment a participant receives.

Who should take the workshop?

- Adults with type 2 diabetes,
- Adults with type 1 diabetes,
- Adults with pre-diabetes, or
- Adults living with someone who has diabetes

What's in it for me? People who have taken the workshop show:

- Better health and increase in confidence to managing their diabetes
- Improvements in blood sugar levels and A1C
- Decrease in health distress and hypo- and hyperglycemia
- Fewer doctor and emergency room visits and fewer hospitalizations

Did you know?

- One of every 11 Americans is affected by diabetes.
- In Wisconsin, there are 400,000 adults with diabetes and 1.45 million adults with pre-diabetes
- Diabetes is leading cause of blindness, heart disease and stroke, and amputation of lower extremities.
- Diabetes is a very expensive disease to treat: direct hospital and other medical costs of \$4.07 billion and indirect costs (e.g., lost wages) of \$2.7 billion (2009 data for Wisconsin).

Upcoming Workshop:



Mondays
March 2 – April 6, 2020
2:00 – 4:30 PM



Bridge Lake Point Neighborhood Center
1917 Lake Point Drive
Madison, WI 53713

To register please call (608) 441-6991

Cost \$20.00 (scholarships available – cost is NOT a barrier to participation! Please let us know if you need financial assistance)

For more information on other workshops offered, visit wihealthyaging.org/workshops or contact:

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