

# Healthy Living with Diabetes



This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their condition. It is also for adults who are living with someone who has diabetes.

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

**October 13th to November 17th (six Tuesdays)**

**1 to 2:30 p.m.**

**Online Workshop**

The cost is \$20 to cover the book “Living with Chronic Conditions”. The workshop is free for participants who already have the book.

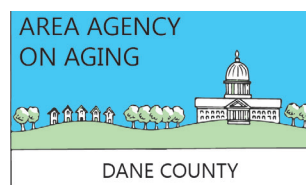
To register please go to [stoughtonhealth.com](http://stoughtonhealth.com) and click on “Classes & Events.” Participants will receive a class link (Zoom meeting) and call in phone number.

Questions? Please contact Jen at (608) 877-3485.

This series is sponsored by the following organizations:



**STOUGHTON  
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**wiha**  
Wisconsin Institute  
for Healthy Aging

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