

Join us for... Healthy Living with Diabetes



Working together to build healthier communities

DATE & TIME

Wednesdays
1:30 pm—4:00 pm
October 9th —
November 20th

*Sessions held annually in
spring and fall*

LOCATION

Gerald L. Ignace Indian
Health Center
930 W. Historic Mitchell St.
Milwaukee, WI 53204

LIGHT LUNCH PROVIDED
WEEKLY GIVEAWAYS

Space is limited!

To register call:
Jessica at 414-316-5023

What is Healthy Living with Diabetes?

A *free* 6-week workshop proven to help people with diabetes better manage their condition and live a healthier life!

Topics covered:

- What is diabetes?
- Monitoring blood sugars
- Sharing/problem-solving
- Setting short-term goals
- Tips for exercising
- Foot care
- Planning for sick days
- Managing difficult emotions
- Healthy eating: meal planning & reading labels
- Preventing high & low blood sugars
- Stress management & relaxation techniques
- Preventing/delaying complications
- Planning for the future
- Communicating more effectively with family, friends, and medical team

84% of
participants have
lowered their blood
sugars and
62% have lost
weight



Wisconsin Institute
for Healthy Aging

