

HEALTHIER LIVING

with Diabetes



Join us for a **FREE** 6 week workshop!

What is *Healthier Living with Diabetes*?

- Small group workshop created for adults with Type 2 diabetes or pre-diabetes
- Participants will learn skills and increases their confidence in managing their diabetes
- Meets 2 ½ hours per week for 6 weeks

Who Should Participate?

- Adults living with Type 2 Diabetes
- Adults with Pre-Diabetes
- Adults living with someone who has diabetes

What are Benefits?

- Increased confidence in managing diabetes
- Better health behaviors
- Improvements in blood sugar levels
- Fewer doctor/emergency room visits and hospitalizations

Did You Know?

- ❖ Diabetes is one of the leading causes of death in the U.S.
- ❖ More than 25 million people have diabetes.
- ❖ Diabetes is the leading cause of blindness, heart disease, stroke, and amputations of lower legs and feet

For More Information:

Call **Office on Aging** at:
1-800-510-2020

Or See Website:

www.cahealthierliving.org/orange

Ask for our workshops offered in Spanish

*"It gave me the **courage** to get my life back on track..."*

- **Workshop Participant**



Advocacy. Action. Answers on Aging.



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