

LIVING A HEALTHY LIFE WITH DIABETES

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 IN-PERSON Workshop at:

Vaughan Community Health Centre
9401 Jane St., Suite #206
(Entrance B),
Vaughan, ON L6A 4H7

Thursdays
November 7, 14, 21, and 28, 2024
6:00pm-7:30pm



AS PART OF THE
WORKSHOP YOU
WILL RECEIVE
A FREE BOOK

For more information or to register, contact: Rosanna at: 905-303-8490 ext2 or at: RBurlington@vaughanchc.com

Or register online at:

www.vaughanchc.com or at:
<https://healthy-living-now.ca>