

# LIVING A HEALTHY LIFE WITH DIABETES

[www.healthy-living-now.ca](http://www.healthy-living-now.ca)



Living a Healthy Life with Diabetes or Pre-Diabetes is a FREE four-week workshop for people with type 2 diabetes. You will develop the skills to manage your 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.

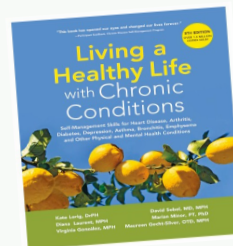
## SUBJECTS TO BE COVERED INCLUDE:

- 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 ZOOM Meetings:  
Tuesdays  
February 3rd to  
February 24th, 2026  
6:30pm-8:00pm**



Receive a free book with you sign up for the class!

**For more information or to register:**

Email: [skirby@southlake.ca](mailto:skirby@southlake.ca),

or at: [www.healthy-living-now.ca](http://www.healthy-living-now.ca)