

LIVING A HEALTHY LIFE WITH DIABETES

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.

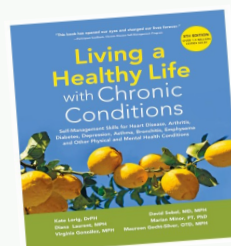
SUBJECTS TO BE COVERED INCLUDE:

- 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
January 6th -
January 27th, 2026
6:30pm-8:00pm



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

**For more information or to
register:**

skirby@southlakeregional.org
www.healthy-living-now.ca