

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 type 2 diabetes. You will develop the skills to manage your type 2 diabetes daily and help to prevent complications. This workshop is designed to enhance your regular diabetes care.

TOPICS COVERED:

- Making an action plan
- Healthy eating
- Problem solving
- Preventing complications
- Exercise
- Stress management
- Dealing with difficult emotions
- Foot care education
- Preventing low blood sugar
- Positive thinking
- Communication skills
- Medication management
- Managing sick days
- Blood sugar monitoring
- Working with your health care team

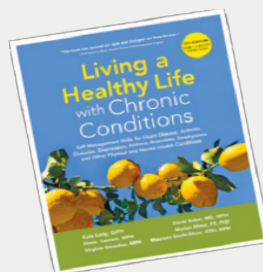
Weekly IN-PERSON Workshop at:

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

Thursdays

January 8, 15, 22, and 29, 2026

6:00pm-7:30pm



As part of the workshop, you will receive a free snack & a book

For more information or to register,
call: 905-303-8490 ext. 2

Or register online at:

<https://healthy-living-now.ca>