

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 Virtual Workshop

ZOOM MEETINGS

Thursdays

January 28, February 4, 11, 18, 2027

6:00 pm to 7:30pm



As part of the workshop, you need to pick up a book at:
9401 Jane Street, Suite 206 (Entrance B)

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

Or register online at:
https://healthy-living-now.ca

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Supporting Your Success
Self Management Program Ontario