

Healthy Living with Diabetes

A proven program to manage diabetes symptoms

This six-week workshop is being offered by Network Health in collaboration with the Aging and Disability Resource Center. The workshop is designed to help people with type 2 diabetes manage their condition.



It's led by two trained leaders, one or both of whom have diabetes themselves, and there is no cost for the workshop.



This program is designed to help you make small changes that make a big difference to your health.



1570 Midway Pl.
Menasha, WI 54952

Health or wellness or prevention information

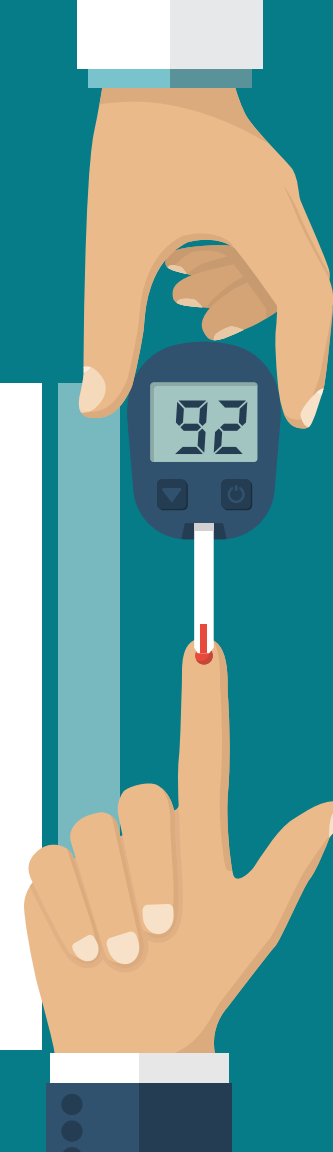


you're
invited

What is Healthy Living with Diabetes?

It's an evidence-based workshop proven to improve the health and well-being of people with diabetes.

- Developed at Stanford University and offered throughout Wisconsin, workshop classes are held for 2 ½ hours, once a week, for six weeks.
- The community-based program offers tools and resources to enhance your understanding of what it means to have diabetes.
- Group support helps you build confidence to manage your diabetes and maintain an active and fulfilling life.
- Classes are facilitated by two trained leaders in a small group setting.
- Each week has various topics related to mental, physical and emotional well-being.

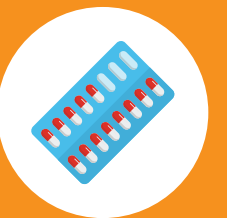


Why participate in Healthy Living with Diabetes?

You'll gain knowledge, share your experience, practice new skills and help others.

You'll learn ...

- Techniques for dealing with symptoms, fatigue, pain, hyper/hypoglycemia, stress and emotional problems, such as depression, anger, fear and frustration
- Appropriate exercises to help improve or maintain your strength and endurance
- Healthy eating choices and habits
- Appropriate use of medication
- How to work more effectively with health care providers



Workshop Details



- Classes held at Network Health, 1570 Midway Pl., Menasha
- February 5, 2020 – March 11, 2020, weekly meetings on Wednesdays from 2 p.m. to 4:30 p.m.
- This class is open to Network Health members and the public. Class size will be limited to 20.
- The program includes Network Health guest speakers and incentives, including a Fitbit.
- **Upon completion of the program, participants will receive a \$50 Amazon gift card.**

RSVP by January 24, 2020

- Email QI@networkhealth.com
- Or call Nancy Krueger, MSW, CPT, Health and Wellness Coordinator at the Aging and Disability Resource Center at 920-740-9572, Monday – Friday, 9 a.m. to 4 p.m.

For accommodations of persons with special needs at sales meetings, call 800-378-5234 (TTY 800-947-3529). Network Health complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex. If you, or someone you're helping, has questions about Network Health, you have the right to get help and information in your language at no cost. To talk to an interpreter, call 800-378-5234 (TTY 800-947-3529). Spanish: Si usted, o alguien a quien usted está ayudando, tiene preguntas acerca de Network Health, tiene derecho a obtener ayuda e información en su idioma sin costo alguno. Para hablar con un intérprete, llame al 800-378-5234 (TTY 800-947-3529). Hmong: Yog koj, los yog tej tus neeg uas koj pab ntawd, muaj lus nug txog Network Health, koj muaj cai kom lawv muab cov ntshiab lus qhia uas tau muab sau ua koj hom lus pub dawb rau koj. Yog koj xav nrog ib tug neeg txhais lus tham, hu rau 800-378-5234 (TTY 800-947-3529).