

Healthy Living *with* Diabetes



What is *Healthy Living with Diabetes*?

This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their diabetes. The workshop meets for 2½ hours once a week for six weeks.

Healthy Living with Diabetes does not replace existing treatments, but rather complements the treatments a participant receives.

Who should take the workshop?

- Adults with type 2 diabetes,
- Adults with pre-diabetes, or
- Adults living with someone who has diabetes

What's in it for me? People who have taken the workshop show:

- Better health, health behavior and a sense of confidence in managing their diabetes
- Improvements in blood sugar levels
- Decrease in health distress and hypo- and hyperglycemia
- Fewer doctor and emergency room visits and fewer hospitalizations

Did you know?

- One of every 12 Americans is affected by diabetes.
- In Wisconsin, there are 475,000 adults with diabetes and 1.45 million adults with pre-diabetes
- Diabetes is leading cause of blindness, heart disease and stroke, and amputation of lower extremities.
- Diabetes is a very expensive disease to treat: direct hospital and other medical costs of \$4.07 billion and indirect costs (e.g., lost wages) of \$2.7 billion (2009 data for Wisconsin).

Workshop Dates & Locations

When: Tuesdays, March 6 – April 10

Time: 4:00-6:30 pm

Where: Lands' End Comer Center

How: Please register by calling (608) 930-9835

Cost: FREE!

**Facilitators: Stacey Terrill, ADRC and Kari Bennett,
Iowa County Health Department**



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Wisconsin Institute
for Healthy Aging

For more information, contact:

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Check out our other healthy living programs by visiting us online at:
wihealthyaging.org