

# LIVING WELL

WITH DIABETES

**DATES:** May 25 and June 1, 8, 15, 22, and 29, 2023

**TIME:** 2:00 pm-4:30 pm

**WHERE:** ZOOM

**This workshop will meet once a week for six weeks for 2 1/2 hours.**

Are you living with, or a caretaker for someone with, diabetes and you would like to learn more on how to better manage it? Then Living Well is for you.

We will explore topics such as:

- Fitness and exercise
- Weight management and nutrition
- Dealing with difficult emotions and depression
- Positive thinking
- Communication skills
- Decision making and future planning
- Problem solving
- Making an action plan

RSVP: <https://www.eventbrite.com/e/living-well-with-diabetes-tickets-546390457567>

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