

# HEALTHIER LIVING

## *with Diabetes*



Join us for a **FREE** 6 week workshop!

### What is *Healthier Living with Diabetes*?

- Small group workshop created for adults with Type 2 diabetes or pre-diabetes
- Participants will learn skills and increases their confidence in managing their diabetes
- Meets 2 ½ hours per week for 6 weeks

### Who Should Participate?

- Adults living with Type 2 Diabetes
- Adults with Pre-Diabetes
- Adults living with someone who has diabetes

### What are Benefits?

- Increased confidence in managing diabetes
- Better health behaviors
- Improvements in blood sugar levels
- Fewer doctor/emergency room visits and hospitalizations

### Did You Know?

- ❖ Diabetes is one of the leading causes of death in the United States
- ❖ More than 25 million people have diabetes.
- ❖ Diabetes is a leading cause of blindness, heart disease, stroke, and amputations of lower legs and feet

### For More Information:

Call Office on Aging at:  
**1-800-510-2020**

[www.cahealthierliving.org/orange](http://www.cahealthierliving.org/orange)

**Ask for our workshops offered in Spanish**

*"It gave me the **courage** to get my life back on track..."*

- **Workshop Participant**



*Rooted and growing in Aging Services*



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