

Healthy Living *with* Diabetes



What is *Healthy Living with Diabetes*?

This researched and proven workshop is designed to help adults with Type 2 diabetes learn skills and increase their confidence to manage their diabetes. People with pre-diabetes, Type 1, or caregivers are welcome to join!

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 current treatment a participant receives.

Who should take the workshop?

- Adults with type 2 diabetes,
- Adults with type 1 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 and increase in confidence to managing their diabetes
- Improvements in blood sugar levels and A1C
- Decrease in health distress and hypo- and hyperglycemia
- Fewer doctor and emergency room visits and fewer hospitalizations

Workshop Dates & Locations

April 7th to May 12th, 2022

Thursdays from 1:00 pm to 3:30 pm.

Shawano County Department of Human Services
W7327 Anderson Avenue
Shawano, WI 54166

There is no cost to attend.

Space is limited so we can follow COVID-19 safety protocols. Contact us today to register or if you have questions.

Did you know?

- One of every 11 Americans is affected by diabetes.
- In Wisconsin, there are 400,000 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).



For more information, contact
**Melissa Bezio with Shawano
County Department of Human
Services**

Phone: 715-524-6837

Melissa.Bezio@co.shawano.wi.us

Additional workshops may be added in the future. Contact us to be put on a wait list!