

# Healthy Living with Diabetes

## *Are you ready to take charge of your Diabetes?*

Join us for a FREE, peer-led, interactive workshop to understand how to manage your diabetes. Workshop is 6 weeks, 1 day each week for 2 and a half hours.

- Learn new tools to help with day-to-day responsibility for your care.
- Increase skills necessary to manage your health.
- Learn how to work effectively with your health care provider.

### Topics Include

- Developing Decision-Making and Problem-Solving Skills
- Developing and Maintaining a Long-Term Exercise Program
- Dealing with Anger, Depression, and Other Negative Emotions
- Managing Fatigue
- Communicating with Family, Friends, and the Medical Team
- Using Prescribed Medication Appropriately
- Making Healthy Nutritional Choices
- Making Informed Treatment Decisions

*If possible, please do not schedule other appointments during this time, so you will benefit from all six sessions of the program.*

Our Chronic Disease Self-Management Program is an evidence-based self-management program originally developed at **Stanford University**, now known as **SMRC** (Self-Management Resource Center).

*They have found that people who take the program have improved their healthful behaviors and health status.*



## Enroll today!

509.462.7676

or

509.434.0402

[healthyliving@chas.org](mailto:healthyliving@chas.org)

## Workshop is 6 weeks long.

**Next Workshop:**

**Time:**

**Location:**

**Address:**

