

Healthy Living with Diabetes

What is 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 2 1/2 hours once a week for 6 weeks.

Who should take the workshop?

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

Thursdays,
August 3 until September 7, 2017
1:00- 3:30 PM

Aging & Disability Resource Center of
Racine County
14200 Washington Ave.
Sturtevant, WI 53177

Cost \$20 for use of reference book
during workshop, Refunded after class
and reference book returned.

Register by calling 800-499-5736 or visit Aurora.org/events



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