For information on Living Well with Diabetes Workshops in the 7 county Mpls./St. Paul metro area please contact:

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“The workshop helped me understand that I’m not alone”.
Living Healthy participant

Join a 2 ½ hour Living Well with Diabetes workshop, held each week for six weeks.

Learn from trained volunteers and professional leaders with health conditions themselves on how to better manage your diabetes.

Set your own goals and make a step-by-step plan to improve your health – and your life.

Living Well with Diabetes

Licensing provided through the Metropolitan Area Agency on Aging
The workshop schedules are in development. Please contact your local Area Agency on Aging for more information.

Learn how to feel better...healthier...happier

Our six-week Living Well with Diabetes workshop is designed to help you better manage your Diabetes and gain control of your health!

Living with or caring for someone with Diabetes can affect your quality of life. This workshop will give you the support you need to find practical ways to deal with your condition, discover better nutrition and exercise choices, and learn better ways to talk with your doctor and family about your health.

Are you sick and tired of being sick and tired?

There is help!
You don’t have to stop doing the things you love to do. The key to getting the most out of life is learning to manage your symptoms.

No matter your situation, Living Well with Diabetes can assist you in taking control of your chronic health condition.

If you have Diabetes, this course could make all the difference. A caregiver or relative is welcome to attend with you. They too will benefit.

How does it Work?
2 ½ hour session once a week for 6 weeks.

Living Well with Diabetes will help you learn how to:

- Manage symptoms
- Communicate effectively with your doctor and other healthcare professionals
- Lessen your frustration
- Fight fatigue
- Build your confidence
- Eat healthy
- Monitor your blood sugar
- AND...get more out of life!

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