



# Living Well with Diabetes

## Free self-management workshop in Wilsonville

Living with diabetes or caring for someone with diabetes? Join us for a free six-week workshop to discover tools to improve health and outlook on life. These small-group workshops are fun and interactive and consist of 10-15 adults. Facilitators share techniques to help individuals take charge and feel better. Learn to use self-management skills to fight fatigue, problem solve, make decisions and reduce stress.

### Takeaways

- Use positive thinking, breathing and relaxation techniques
- Develop healthy eating habits, food choices and meal planning
- Discover appropriate levels of physical activity
- Communicate effectively with others
- Get tips about medication use and working with your healthcare team
- Prevent low blood sugar and learn about blood sugar monitoring
- Manage foot care
- Prevent or delay complications from diabetes
- Brainstorm solutions to challenges and barriers
- Make weekly action plans

**March 6 - April 9, 2019**

Wednesdays, 9:00 a.m. - 11:30 a.m.

**Wilsonville Parks & Rec Admin  
Building Town Center Park**  
29600 SW Park Place,  
Wilsonville 97070

For adults ages 18+

To pre-register, call 503-682-3727.  
Please register by the first class in  
the series.

**Questions?** Call 503-650-5777 or  
email us at [livingwell@clackamas.us](mailto:livingwell@clackamas.us).

Participants receive a "Living a Healthy Life with Chronic Conditions" resource book to keep. This is a free six-week evidence-based program developed by Stanford University and is not a Diabetes Education class. Sponsored and provided by Clackamas County Social Services, Family Caregiver Program, and Senior Corps RSVP.

