

Living Well with Diabetes



Free self-management workshop in West Linn

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 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

February 19 - March 26, 2019

Tuesdays, 12:30 p.m. to 3 p.m.

West Linn Adult Community Center

180 Rosemont Rd.

West Linn, OR 97068

For adults ages 18+

To pre-register, call 503-650-5777.

Please register by the first class in the series.

Questions? Call 503-650-5777 or email us at 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.

