

# Healthy Living *with* Diabetes



## What is *Healthy 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 2½ hours once a week for six weeks.

*Healthy Living with Diabetes* does not replace existing treatments, but rather complements the treatments a participant receives.

## Who should take the workshop?

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

**What's in it for me?** People who have taken the workshop show:

- Better health, health behavior and a sense of confidence in managing their diabetes
- Improvements in blood sugar levels
- Decrease in health distress and hypo- and hyperglycemia
- Fewer doctor and emergency room visits and fewer hospitalizations

## Workshop Date & Location:

Sussex Community Center

W240 N5765 Maple Ave. Sussex, WI 53089

**Wednesdays, April 10 through May 15**

**6:00pm-8:30pm**

**Call to register: 262 - 246 - 6447**

*Participants that complete the workshop will receive a \$35 incentive*

## Did you know?

- One of every 12 Americans is affected by diabetes.
- In Wisconsin, there are 475,000 adults with diabetes and 1.45 million adults with pre-diabetes
- Diabetes is leading cause of blindness, heart disease and stroke, and amputation of lower extremities.
- Diabetes is a very expensive disease to treat: direct hospital and other medical costs of \$4.07 billion and indirect costs (e.g., lost wages) of \$2.7 billion (2009 data for Wisconsin).



**For more information, contact:**

Aging and Disability Resource Center  
of Waukesha County  
500 Riverview Ave  
Waukesha, WI 53188

Phone: 262-548-7848

Or

Check out our other healthy living programs by visiting us online at:  
**[wihealthyaging.org](http://wihealthyaging.org)**