



# Healthy Living with Diabetes

Help yourself  
to better health!

A diabetes diagnosis brings big changes.  
Find solutions that work for you.

Healthy Living with Diabetes participants have a  
**53% reduction in emergency department visits.**

## What is Healthy Living with Diabetes?

Healthy Living with Diabetes is an evidence-based program for adults of all ages who have type 2 diabetes, pre-diabetes, or live with someone who does. In just 6 weeks, you learn to take charge of your health and get back to doing the things that matter to you.

### Join Us!

Every Tuesday, September 20<sup>th</sup> – October 25<sup>th</sup>, 2022

**Time:** 5:30 PM – 8:00 PM

**Bonus Session** with a Diabetes Educator!

Tuesday, November 1<sup>st</sup> 6:00 PM – 7:30 PM

**Location:** Fond du Lac Family YMCA

90 W. 2<sup>nd</sup> St. Fond du Lac, WI 54935

**To register:** Call 920-929-3466 or

Email: [raine.zietlow@fdlco.wi.gov](mailto:raine.zietlow@fdlco.wi.gov)



**Build confidence** in your ability to  
manage your condition.

### You'll get information & advice for:

- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Partnering with your health care provider
- Short-term goal setting
- Exercise for fitness and fun
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team

Class is free to attend. \$10 suggested donation for workbook.

**For duration of class, get a free YMCA membership!**

