



Living Well with Diabetes

FREE 6-week workshop

Now Online! Via Zoom Meeting

Learn new skills and strategies to help you manage your diabetes daily, prevent complications and live healthier.

Gain the confidence and motivation to better manage your symptoms and the challenges of living with diabetes. Developing self-management skills will empower you to actively achieve your best health and wellness.

The workshop is open to anyone living with type 2 diabetes or pre-diabetes as well as their caregivers and family members.

**Thursday afternoons,
June 9 to July 14, 2022**

1:30 pm to 4:00 pm

Please note that there will also be a 15-30 min online Zoom **orientation session on Tuesday, June 7 at 11:30 am.**

Receive a **FREE** copy of the book *Living a Healthy Life with Chronic Conditions* and of the meditation CD/MP3 *Relaxation for Mind and Body*.

REGISTER ONLINE TODAY as spaces are limited! You can register by visiting www.livingwellseontario.ca/workshops. Please call Danielle with any issues or questions at 613-484-8072.



You can learn how to:

- Deal with difficult emotions, stress management and relaxation techniques.
- Eat healthy and exercise appropriately.
- Prevent complications and low blood sugar.
- Make action plans, problem-solve and set goals.
- Improve communication with your health care team members.



Kingston Community
Health Centres

Centres de santé
communautaire de Kingston

The Living Well workshops are coordinated by the Self-Management Program of Southeastern Ontario which is housed at the Kingston Community Health Centres and is made possible through funding from the Ministry of Health and Long-Term Care.