



## 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.

# 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,  
March 25 to April 29, 2021**

1:30 pm to 4:00 pm

Please note that there will also be a 15-30 min online Zoom **orientation session on Thursday, March 18 at 3:00pm.**

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](http://www.livingwellseontario.ca/workshops). Please call Danielle with any issues or questions at 613-484-8072.



Kingston Community  
Health Centres

Centres de santé  
communautaire de Kingston

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