



Living Well with Diabetes

FREE 6-week workshop

At home kits now available!

Learn at your own pace with a kit that is mailed to you and weekly support calls from one of our Peer Leaders.

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 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.

Weekly teleconference calls will take place:

- **Wednesdays, March 17 to April 21, 2021**
6:00 pm to 7:00 pm

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 TODAY as spaces are limited! You can get more information or register by visiting www.livingwellseontario.ca/workshops or by contacting Danielle at danielled@kchc.ca or 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.

Please note that due to the way that we are funded, sessions are open to residents of Southeastern Ontario. If spaces remain a few days before the start, then they open up to those living elsewhere in Ontario.