



Southeastern Idaho Public Health

For Immediate Release

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239-5250

Free Diabetes Workshop to Be Offered in Blackfoot

A FREE six week Living Well with Diabetes workshop will be offered in Blackfoot during the months of February and March. Workshop sessions will be taught on Fridays beginning on February 10th and consecutively taught through March 17th. The workshop will be held from 1:00 pm – 3:30 pm at Rose Park Place located at 1385 Meggan Street in Blackfoot.

Living Well with Diabetes is a workshop designed for individuals who are living with diabetes and pre-diabetes. Each session focuses on problem-solving, decision-making, and coping skills which help you to confront the ever-changing challenges of living with diabetes and pre-diabetes.

Workshop sessions will help you learn how to:

- Select healthier food options;
- Exercise safely;
- Manage medications;
- Utilize effective communication skills;
- Deal with depression and stress; and
- Prevent low blood sugar.

Pre-registration is required for this free workshop. For more information or to register for this workshop, please call Pam Wake at 208-221-0688. Workshop sponsors include the following: Quality Improvement Organizations, Qualis Health, Southeast Idaho Council of Governments (SICOG), and Everyone with Diabetes Counts (EDC).