

Living Well with Diabetes

A Free Workshop

This Medicare approved workshop is 6 sessions, 2.5 hours each. Open to anyone living with diabetes or prediabetes and family members.

WHEN

WHERE



LEARN HOW TO BETTER MANAGE YOUR DIABETES

- Healthy eating
- Managing medications
- Dealing with depression & stress
- Safe exercise
- Communication skills
- Preventing low blood sugar

A fun and interactive self-management program developed by Stanford University.

Register by calling:

To learn more about other workshops in Idaho call 208-383-5942.

Visit us at www.medicare.qualishealth.org/DSMP-Idaho.



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