

# Living Well *with* Diabetes



## What is *Living Well with Diabetes*?

This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their diabetes. The workshop meets for 2½ hours once a week for six weeks.

*Living Well with Diabetes* does not replace existing treatments, but rather complements the treatments a participant receives.

### Who should take the workshop?

- Adults with type 2 diabetes,
- Adults with pre-diabetes, or
- Adults living with someone who has diabetes

### What's in it for me? People who have taken the workshop show:

- Better health, health behavior, and a sense of confidence in managing their diabetes
- Improvements in blood sugar levels
- Decrease in health distress and hypo-and hyperglycemia

## Workshop Dates & Location

**When:** 1:00pm - 3:30pm  
October 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup>  
November 6<sup>th</sup> & 13<sup>th</sup>

**Where:** Fairway View Senior Communities, The Hub  
217 Lundell Ave. Ortonville, MN 56278

**Registration Info:** Contact Northside Medical Clinic Health  
Coaches 320-839-4266

**Cost:** FREE



**Ortonville Area  
Health Services**

## Did you know?

- In Minnesota 10.5% of the adult population has diabetes, that is almost 470,000 people.
- Diabetes is the leading cause of blindness, heart disease, stroke, kidney disease, and amputation of lower extremities.
- Diabetes is a very expensive disease to treat: The cost in Minnesota alone is \$4.4 billion.
- The medical costs for a diabetic are 2.3 times higher than a nondiabetic.

Statistics are from the  
American Diabetes Association

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programs by visiting us online at:  
[www.mnraaa.org](http://www.mnraaa.org)

