



# 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.**

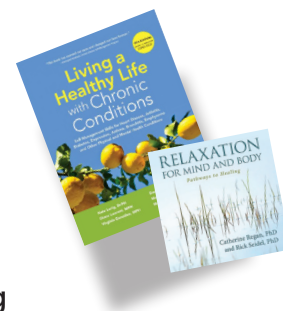
Gain the confidence and motivation to better manage your symptoms and the challenges of living with diabetes. Developing self-management skills will empower you to actively achieve your best health and wellness.

The workshop is open to anyone living with type 2 diabetes or pre-diabetes as well as their caregivers and family members.

**Thursday afternoons,  
February 2 to March 9, 2023**

**1:30 pm to 4:00 pm**

Receive a **FREE** copy of the book *Living a Healthy Life with Chronic Conditions* and of the meditation 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). Contact 613-542-2949 or [selfmanagement@kchc.ca](mailto:selfmanagement@kchc.ca) with any questions.

### 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.