



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.

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,
January 19 to February 23, 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. Contact 613-542-2949 or selfmanagement@kchc.ca with any questions.

