

## Healthy Living with Diabetes?



It's a big promise... but we can keep it!

People who complete Healthy Living with Diabetes have a **53% reduction in emergency department visits.**

Tens of thousands of people nationwide have learned the **Healthy Living with Diabetes** approach to their diabetes. This group lowered their blood sugar, made fewer trips to the emergency department, and were less likely to end up in the hospital because of diabetes — even a year later.

Just as important are the changes people report in how they feel about their lives: effective, in charge, and able to do what matters most to them.

Healthy Living doesn't replace your diabetes treatment plan — far from it. It teaches you the best ways to work with your doctor and your family, and helps you set your own goals for managing your condition and controlling your life.

Find a Healthy Living with Diabetes workshop near you. Visit [wihealthyaging.org](http://wihealthyaging.org) and click on **Find a Workshop**.



## What is Healthy Living with Diabetes?

Healthy Living is a six-week workshop for adults of all ages who have type 2 diabetes, pre-diabetes, or who live with someone that does.

*"I wasn't taking care of myself — but I am now. I finally see how important that is."*

Led by trained leaders, some of whom have diabetes themselves, the program focuses on helping you feel better, have more control, and do the things you want to do.

**How is this program different?**

**You set your own goals.** The changes you see are things that matter most to you.

**You learn hands-on with others.** The group brings fun and wisdom as you apply new skills in your own life.

**Healthy Living helps you build confidence** in your ability to manage your condition.

**You'll get information & advice for:**

- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Partnering with your health care provider
- Short-term goal setting
- Fitness for exercise & fun
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team



*"I never knew how much my emotions affected my physical health. Now I know my stress signals and I pay attention!"*



**wiha**

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Learn more about this and other  
healthy aging programs by visiting  
[wihealthyaging.org](http://wihealthyaging.org)

## Healthy Living with Diabetes



**A diabetes diagnosis brings big changes. Find solutions that work for you.**

Healthy Living with Diabetes is proven to make a big difference in your health and your life. In just 6 weeks, you can learn to take charge of your health and get back to doing the things that matter to you.