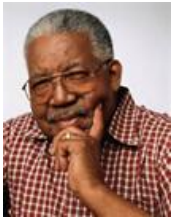




Healthy Living with Diabetes

“A Self-Paced Program”



Take charge of your health and sign up for a self-paced workshop!



All you need is a phone. You will meet other participants and the workshop leader on a weekly call.



You'll get a reference book, a self-test to help you decide what you want to focus on, and tip sheets to help you manage your diabetes.



The work is done on your own time, at your convenience and the calls are one day a week for 6 weeks.

- ◆ **This program is for any adult with pre-diabetes or type 2 diabetes**

Workshop Details:

Phone Check-In Dates: Every Thursday,
July 15th through August 19th

Time: 12:00pm (calls will last about 45
minutes)

To register: 414.289.6352 or email-
Jennifer.Lefebber@milwaukeecountywi.gov

**Program and materials are provided by the
Milwaukee County DHHS Division on Aging**



MILWAUKEE COUNTY
Department on Aging

**For more information on
programs in Milwaukee County,
contact:**

Milwaukee County DHHS
Division on Aging

Phone: 414-289-6352

www.county.milwaukee.gov/aging

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Wisconsin Institute
for Healthy Aging