

# Our Pathways to Health Diabetes Self-Management

## A FREE Workshop

If you or someone you care for has diabetes or prediabetes, you know that it can feel like it's taking over your life. The good news is there are things you can do to feel better and take control of your health.

### Topics Include:

- Understand what your blood sugar is telling you
- Manage stress and difficult emotions
- Working with your healthcare providers
- Making your diet work for you, not against you
- Setting weekly goals
- Living a fuller, healthier life

**Workshops meet for 2 1/2 hours, once a week for six weeks**

**Each workshop is facilitated by peer leaders trained by Stanford University**

## Diabetes Self-Management Workshop

**Eureka**

**Mondays**

**September 9th - October 14th, 2019**

**1:30 - 4:00pm**

Salvation Army • 2123 Tydd St

Call for more information at 267-9606 or look for  
"Our Pathways to Health" to register online at  
[eventbrite.com](https://www.eventbrite.com)

**Humboldt IPA**  
Humboldt Independent  
Practice Association