

Our Pathways to Health

FREE Workshops

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 that there are things you can do to feel better and take control of your health.

Topics Include

- Make your diet work for you, not against you
- Partner with your providers
- Manage your symptoms
- Strategies for stress and difficult emotions
- Develop and achieve meaningful goals in a supportive and private group setting
- Living a fuller, healthier life

Workshops are once a week for six weeks. Anyone living with diabetes or prediabetes is encouraged to attend. Family members and caregivers are also welcome.

For more information or to enroll in one of our free workshops, please contact
Our Pathways to Health 707-267-9606

DATE & TIME	CITY	LOCATION
May 16-June 20 th 2019 Diabetes Self Management Thursdays, 5:00-7:30 pm	Eureka	Humboldt IPA 2662 Harris St
May 17 th – June 21 st , 2019 Diabetes Self Management Fridays, 12:30-3:00pm	Eureka	Humboldt Senior Resource Center 1910 California St

Call or register online at [Eventbrite.com](https://www.eventbrite.com)

Humboldt IPA
Humboldt Independent Practice Association