

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
- Learn to set weekly goals
- Make your diet work for you, not against you
- Work with providers
- Live 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

Tuesdays

January 15th - February 19th, 2019

10:00am - 12:30pm

Humboldt IPA ● 2662 Harris St

Call for more information at 267-9606 or look for "Our Pathways to Health" to register online at eventbrite.com

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Practice Association