

# Living Well with Diabetes

## *A Free Workshop*

*This workshop is 6 sessions,  
2.5 hours each*

*Open to anyone living with  
diabetes and pre-diabetes*

### **WHEN**

**6 Tuesdays**

**September 5 - October 10, 2017**

**1:00pm - 3:30pm**

### **WHERE**

**Iora Primary Care - Federal Way**

**1414 S. 324th St., B207**

**Federal Way, WA 98003**



## **LEARN HOW TO BETTER MANAGE YOUR DIABETES**

- Healthy eating
- Managing medications
- Dealing with depression & stress
- Safe exercise
- Communication skills
- Preventing low blood sugar

### **Free workshop designed for individuals who are living with diabetes.**

Each session focuses on problem-solving, decision-making, and coping skills which help you to confront the ever-changing challenges of living with diabetes and pre-diabetes.

*Please call 253-220-3121 to register.*

