



Classes forming now.*

Call for a schedule and location near you.

(585) 244-8400

*Space is limited, so be sure to call soon!

Train as a facilitator for Living Healthy!

Train to become a facilitator for Living Healthy classes! You just need good communication and interpersonal skills, enthusiasm and a willingness to lead small group workshops. We provide the training and ongoing support!

Call Lifespan to learn more. (585) 244-8400



Living Healthy with Diabetes



Call Lifespan
(585) 244-8400

www.lifespan-roch.org
1900 S. Clinton Ave.
Rochester, NY 14618



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Excellus BlueCross BlueShield.

Sponsored by the United Way of Greater Rochester,
and the Monroe County Office for the Aging.



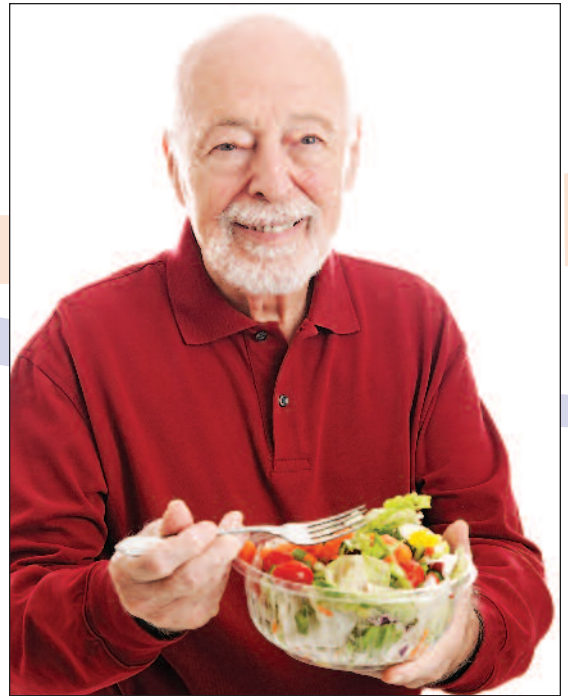
Living *Healthy* with Diabetes

Living Healthy with Diabetes is a six session, peer-led health education program. It was developed and tested by Stanford University, and is designed to complement and enhance medical treatment and diabetes management.

If you have a diabetes diagnosis or you are caring for someone with diabetes, join us!

- ★ **Session 1:** What is diabetes? Overview of self-management. Monitoring. Introduction to healthy eating.
- ★ **Session 2:** Formula for a healthy eating plan. Preventing low blood sugar.
- ★ **Session 3:** Preventing/delaying complications. Introduction to physical activity. Dealing with stress. Muscle relaxation.
- ★ **Session 4:** Dealing with emotions. Reading nutrition labels. Endurance activities. Guided imagery.
- ★ **Session 5:** Depression management. Communication skills. Medication usage.
- ★ **Session 6:** Foot care. Working with health professionals and the health care system. Planning for the future.

**One-time fee of \$20
covers the cost of materials.**



“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”

**Feel better!
Take control!
Get connected!**

 Lifespan of Greater Rochester's
Living Healthy NY
Community Workshops

For more information on
Living with Diabetes workshops,
call Lifespan at **585-244-8400**