



# Living Well with Diabetes

**A FREE 6 week workshop for people with diabetes, pre-diabetes, and their families!**

**Improve your health by learning to:**

- Deal with symptoms of diabetes, including fatigue, pain, hyper/hypoglycemia, stress, and emotions such as depression, anger, fear, and frustration
- Exercise for maintaining and improving strength and endurance
- Plan balanced meals
- Administer and understand uses of medication
- Work more effectively with health care providers
- Prevent or delay complications
- Set weekly action plans, problem solve health issues, and get much needed support



To register for a  
workshop contact  
Connie Stauter at  
903-715-0805



**LONG LIVE  
TEXANS**

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