This six-week, two-hour evidence-based program provides important information about diabetes in an easy-to-follow format. Two trained Aging Partners facilitators, Jill Engel and Ann Heydt, will lead participants through a variety of essential topics including:

- Understanding the different types of Diabetes
- Introduction to healthy eating and meal planning
- Exercise – how much, what type and when
- Understanding how food works with diabetes
- Problem solving/creating action plans
- Medication usage
- Talking to the doctor
- Preventing low/high blood sugars
- Self-monitoring – how, when, where and why
- Dealing with depression
- Relaxation techniques
- Proper foot care
- Strategies for sick days

**Materials provided to each participant:**

- Living a Healthy Life with Chronic Conditions handbook
- Weekly handouts
- Various self-help tools

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**Living Well with Diabetes**

**- Six-week session -**

**Tuesday’s:** 11 a.m.  
Oct. 12, 19, 26  
Nov. 2, 9, 16

**Location:** Hickman Community Center  
115 Locust St., Hickman

**Cost:** $4 suggested contribution per class

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To register, call **402-441-7575.**  
Class size will be limited to 20 participants.

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A Pioneering Area Agency on Aging