

– Six-week session –

Living Well with Diabetes

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

**To register, call
402-441-7575.**

**Class size will be limited
to 20 participants.**



A Pioneering Area Agency on Aging



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