



This FREE 6-week **Healthy Living Workshop for Diabetes** program is designed to help adults who are living with diabetes take charge of their health and their life!

Classes are open to adults of all ages and abilities. All self-management programs are evidence-based and were originally developed at Stanford University. This program is offered locally by Beebe Healthcare in partnership with the Delaware Division of Public Health.

### PEOPLE WITH DIABETES ATTEND TOGETHER TO

- Develop weekly action plans based on their needs
- Share experiences
- Help each other solve problems they encounter in creating and carrying out their self-management program.

### TOPICS COVERED INCLUDE

- Techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, and emotional problems such as depression, anger, fear and frustration
- Appropriate exercise for maintaining and improving strength and endurance
- Healthy eating, appropriate use of medication, and working more effectively with health care providers

### SERIES DATES

Meets weekly for six Thursdays  
from 9:00am - 11:30am.,  
starting Thursday, September  
25 th.

### REGISTRATION

Registration is required. To  
register, visit [https://  
www.healthydelaware.org/](https://www.healthydelaware.org/) or  
call (302) 645-3100 ext.70601.

### LOCATION

Cape Henlopen Senior Center  
11 Christian Street  
Rehoboth Beach, DE 19971

