

# Living Well with Diabetes

## A Free Workshop

*This Medicare approved workshop is 6 sessions, 2.5 hours each. Open to anyone living with diabetes or prediabetes and family members.*

### WHEN

### WHERE



## LEARN HOW TO BETTER MANAGE YOUR DIABETES

- Healthy eating
- Managing medications
- Dealing with depression & stress
- Safe exercise
- Communication skills
- Preventing low blood sugar

A fun and interactive self-management program developed by Stanford University.

***Register by calling:***

***To learn more about other workshops in Idaho call 208-383-5942.***

***Visit us at [www.medicare.qualishealth.org/DSMP-Idaho](http://www.medicare.qualishealth.org/DSMP-Idaho).***



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