

For Immediate Release
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Contact: Tracy McCulloch
239-5250

Free Diabetes Workshop to Be Offered in American Falls

A FREE six week Living Well with Diabetes Workshop will be offered in American Falls during the months of October and November. Workshop sessions will be taught on Fridays beginning on October 18th and consecutively taught through November 22nd. The workshop will be held from 10:00 am – 12:30 pm at Power County Senior Center located at 180 Idaho Street in American Falls.

Living Well with Diabetes is a workshop designed for individuals who are living with diabetes and pre-diabetes, their caregivers and loved ones. Sessions focus on:

- Finding practical ways to deal with sick days, fatigue & pain;
- Discovering better food choices and exercise choices;
- Understanding new treatment choices;
- Learning better ways to talk with your doctor and loved ones about your health; and
- Learning real-life skills for living a full healthy life.

By attending the six week workshop you will receive a free Living a Healthy Life with Chronic Conditions Book and CD. This workshop is sponsored by the Bingham County Senior Citizen Center.

For more information or to register for this workshop, please call Pam Wake at 208-221-0688 or Kathleen Ulrich at 208-226-2796. You can also get registered by visiting Ken's Food Market located at 548 Tyhee Avenue on Thursday, October 17th from 4-6 pm. There will be a Diabetes Education Table set up featuring healthy harvest recipe samples, prediabetes, diabetes and hypertension literature along with community resources and Living Well with Diabetes Workshop registration forms. Come join in the diabetes awareness efforts in American Falls!