



Healthy Living with Diabetes

“A Self-Paced Program”



Take charge of your health and sign up for a self-paced workshop!



All you need is a phone. You will meet other participants and the workshop leader on a weekly call.



You'll get a reference book, a self-test to help you decide what you want to focus on, and tip sheets to help you manage your diabetes.



The work is done on your own time, at your convenience and the calls are one day a week for 6 weeks.

- ◆ **This program is for any adult with pre-diabetes or type 2 diabetes**

Workshop Details:

Phone Check-In Dates: Every Thursday, July 8th through August 12th

Time: 12:00pm (calls will last about 45 minutes)

To register: 414.289.6352 or email- Jennifer.Lefebber@milwaukeecountywi.gov

Program and materials are provided by the Milwaukee County DHHS Division on Aging



MILWAUKEE COUNTY
Department on Aging

For more information on programs in Milwaukee County, contact:

Milwaukee County DHHS
Division on Aging

Phone: 414-289-6352

www.county.milwaukee.gov/aging

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for Healthy Aging