



Living Well With Diabetes

Join us for a FREE six week
(1x/week for 2 ½ hrs)
workshop to help put life
back in your life!

A \$370 VALUE FOR FREE



Living Well workshops are fun, interactive classes that provide you with tools for living a healthy life with diabetes and other chronic conditions. Receive a free book at your first class!

Sponsored by: Community Connection of Northeast Oregon, Inc., and Health Insight.

Sign Up Now!

Who: Anyone living with diabetes and caregivers/ family members of people living with diabetes. All ages welcome.

To Register: Call Rochelle or Maegan
541-963-3186



**Community Connection
of Northeast Oregon Inc.**



“ I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn't do. Living Well Workshops put ME back in charge.”