

# Join a FREE six-week Diabetes Self-Management Living Well Workshop!



## UPCOMING WORKSHOPS

**\$370 Value  
for FREE**

**Dates:**

**Tuesdays  
June 5—July 10, 2018  
10:00 a.m. – 12:30 p.m.**

**Location:**

**Community Connection of  
Northeast Oregon, Inc.  
702 NW First Street  
Enterprise, OR 97828**

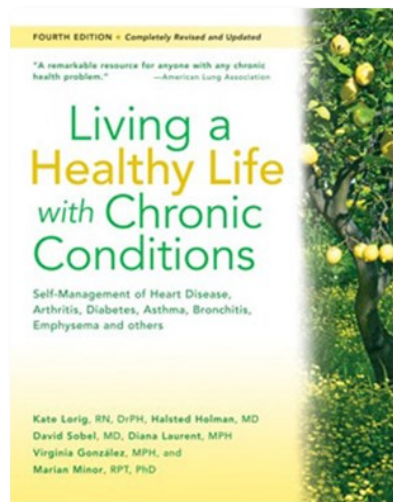
### Past participants describe Living Well as...

“It was a very enriching experience for me!”

“The Living Well class has given me the confidence to begin participating

**Workshops are free, fun, interactive, and applicable for people of all ages. Caregivers are welcome, too! Learn from trained volunteer leaders, who are living with or have a loved one living with diabetes, about:**

1. Techniques to deal with problems such as frustration, fatigue, pain and isolation.
2. Appropriate exercise for maintaining and improving strength, flexibility and endurance.
3. Appropriate use of medication.
4. Communicating effectively with family, friends and health care professionals.
5. Nutrition.
6. Decision making.
7. How to evaluate new treatments.



All participants receive a free Living a Healthy Life book.

**Sign up TODAY by contacting:**

**Connie @ 541-426-3840**

**Rochelle @ 541-963-3186**



**Community Connection  
of Northeast Oregon Inc.**



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