

# Put Life Back in Your Life . . .

*Do you have diabetes or do you care for someone with diabetes?  
Living Healthy Workshops can help you take charge of your life.*



## Living Healthy Workshops ~ Diabetes

- ★ Get the support you need
- ★ Discover better nutrition & exercise choices
- ★ Find practical ways to deal with stress
- ★ Learn how to talk with your doctor & family about your health
- ★ Set your own goals & make a step-by-step plan to improve your health – and your life!



*“It felt like my diabetes was telling me what I could and couldn’t do. Living Healthy workshops put me back in charge.”*



**PLEASE CALL 756-4198 FOR DATES AND TIMES OF THE NEXT LIVING HEALTHY ~ DIABETES WORKSHOP SERIES.**

Workshops are **FREE**. Book and materials are provided for use during classes. Materials are available for purchase after the class for \$10.

*Questions?* Call Seven Valleys Health Coalition at 756-4198, or email: [jmartin@sevenvalleyshealth.org](mailto:jmartin@sevenvalleyshealth.org)



*“I’m calmer and more confident about my health... I only wish I had done this sooner.”*

Living Healthy is the local implementation of the Chronic Disease Self-Management Program<sup>©2006</sup> developed by Stanford University’s Patient Education Research Center.

**SPONSORS:** Seven Valleys Health Coalition, Cortland County Area Agency on Aging, Cortland County Health Department, Family Health Network of CNY, Inc., & the NYS-DOH Healthy Heart Program