

# LIVING WELL WITH DIABETES



This class is designed to help adults gain skills to manage or prevent type 2 diabetes. Participants meet for two hours, once a week for six weeks.

Living Well with Diabetes does not replace existing treatments, but rather complements care you already receive from your healthcare provider.



## Who should take the class?

- Adults with type 2 diabetes
- Adults with prediabetes or
- Adults living with someone who has type 2 or prediabetes

## What's in it for me?

- Support from class leaders and other participants
- Education about diabetes and actions you can take to improve your health
- Improvements in blood sugar and energy levels
- Confidence and reassurance in preventing or managing type 2 diabetes

## WHEN

**January 14 - February 18**  
**Tuesdays 1 - 3 pm**

## WHERE

**VINE Adult Community Center**  
**421 E Hickory Street, Mankato**

## DID YOU KNOW?

Diabetes is the leading cause of blindness, heart disease, stroke, kidney disease, and amputation of lower extremities.

By improving food choices and increasing physical activity, you can manage your diabetes or cut your risk of developing type 2 diabetes in half.

You are the most important member of your healthcare team. This class will help you learn more about diabetes and how to best work with others on your team.



To register or for more information contact **Karen Christy** at VINE  
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[www.vinevolunteers.com](http://www.vinevolunteers.com)