



Living Well with Diabetes



Prediabetes and diabetes can be managed with simple, proven lifestyle changes. Learn how.

If you live with diabetes and would like to improve your health and sense of well-being, this class is for you.

Participants make weekly actions plans, share experiences and help each other solve problems as they carry out their self-management program. Family members, friends, and partners are welcome.

For more information or to register contact: Tory at Eastwood Life Enrichment Center at (320) 679-4789 ext.102 or by email at tory@morahra.org
Registration required by April 15, 2019.

Catholic Charities is providing a Living Well with Diabetes Workshop which is being held at Eastwood Life Enrichment Center:

160 Valhalla Circle, Mora, MN 55051

Classes are held each Monday from 9:30 AM-12:00 PM starting April 22 – June 3, 2019 (no class 5/27).

Classes are held 1 time a week for 6 weeks - 2.5 hours each session for adults age **60+**.

There is a free will donation suggested to participants for classroom materials.

Juniperis a statewide network that helps people manage chronic health conditions, prevent falls, and foster well-being.
To register online visit: yourjuniper.org
Toll Free 1.855.215.2174

