



Living Well with Diabetes

A six-week program for people with Diabetes

In this workshop, participants learn and/or enhance their skills needed in the daily management of diabetes. Each workshop runs 6 weeks meeting 2 1/2 hours per week.

Topics include:

- Techniques to deal with symptoms of diabetes
- Fatigue
- Stress
- Exercise
- Healthy eating
- Appropriate use of medication
- Working more effectively with health care providers and more

Tuesdays, February 13—March 20, 2018

10:00 AM—12:30 PM

CMH Columbia Center—2021 Marine Drive

*Sign up for a **FREE** class today!*

Must have a minimum of 8 participants to hold this class.

You can register online at www.columbiamemorial.org, or by calling the CMH Community Outreach Department @ 503-338-7564, or by e-mail to cham@columbiamemorial.org.