

## Living Well with Diabetes



A **free**, six-week workshop for those who want to take control of their diabetes.

### Learn How To:

- Deal with symptoms of diabetes including fatigue, pain, hyper- and hypoglycemia, stress and emotional problems such as depression, anger, fear and frustration
- Exercise to maintain and improve strength and endurance
- Eat healthy
- Properly use medication
- Work more effectively with your health care providers

Family members and caregivers are welcome.

**Call for more details on workshop dates, times, and locations: 509-232-8138**

> Register online at [courseregistration.inhs.org](http://courseregistration.inhs.org)