

DIABETES LIVE WELL



Workshops Forming Now!

Find useful ways to deal with diabetes.

Learn how to use exercise, foot care, nutrition, goal setting, problem solving and more to improve your health.



**For additional information, call 1-800-994-9422
Ask for the Live Well Regional Coordinator**

An evidence based self-management Stanford workshop developed at Stanford. This program supported by funds made available from the Centers for Disease Control and Prevention, Office for State, Tribal, Local and Territorial Support under grant DP13-1305.