

# New Class in Lane County for Adults Living with Diabetes!

Learn how to live a better life with Stanford University's:  
*"Living Well with Diabetes"*

- Free 6-week program
- Learn more about Diabetes and its effects on your body
- Learn how to deal with blood sugar emergencies
- Practice meal planning for diabetes
- Learn about the effects of exercise and medications
- Improve communication with your health care provider and family
- Solve problems and get the support you need
- Caregivers and family members are welcome to attend



Tuesdays September 17-October 22, 2019

10:00 AM- 12:30 PM

Cottage Grove Community Center-700 E. Gibbs Ave

Cottage Grove, OR 97424

**Space is limited. CALL (541) 682-4103 to Register!**

Some transportation and childcare assistance is available; ask for more information. Location is wheelchair accessible; ASL interpreting and other accommodations are available upon request.

This program brought to you through collaboration and support from:



**SENIOR & DISABILITY SERVICES**  
A DIVISION OF LANE COUNCIL OF GOVERNMENTS

