

START LIVING WELL TODAY

By: Jenny Flynn, Bassett Healthcare Living Well Program



Get your spot! Learn tools and knowledge to improve your health.

Living Well with Chronic Pain will be held on Wednesdays 2-4:30pm.

Living Well with Diabetes will be held on Mondays 5-7:30pm.

These FREE 7-week workshops will start in September at CHN in the Eaton Center in Norwich.

Living Well with Diabetes is open to those living with diabetes or prediabetes. Caregivers are welcome too! Past participants have valued the self-management techniques taught and the group support.

“Whether a newly diagnosed diabetic or someone who has had diabetes for years, this course will keep you updated and aware of ways you can help yourself maintain a healthy lifestyle.”

Together you will learn tools to manage your diabetes, including:

- The importance of monitoring glucose levels
- Observing symptoms and knowing what to do
- Following a healthy eating plan
- Managing stress and emotions (fatigue, depression)
- Engaging in regular physical activity
- Dealing with sick days, infections and illnesses
- Using medications in a safe and effective way
- Getting necessary tests, exams and immunizations

To learn more or enroll: call 607-547-3948; email livingwellsessions@bassett.org; or visit: www.bassett.org/livingwell
Follow the Living Well Program on Facebook at www.facebook.com/BassettLivingWell