

# Take Charge. Live Healthy.

Better Choices, Better Health® SD **DIABETES**

**WORKSHOPS ARE FREE!** They are designed to help adults living with type 2 diabetes and/or prediabetes and caregivers manage or prevent diabetes. When you have the support and tools to make healthier choices, you can improve your health and lead a fuller life!



BETTER CHOICES  
**better health**®  
GOOD&HEALTHY SOUTH DAKOTA COMMUNITIES



BETTER CHOICES  
**better health**<sup>®</sup>  
DIABETES

## What You'll Learn.

**This workshop** will teach you new ways to manage your condition and will give you plenty of support to keep you motivated! Plus:

- Goal setting & problem solving
- Managing difficult emotions
- Understanding medications
- Communicating with doctors & caregivers
- Monitoring diabetes & blood sugar
- Preventing complications
- Nutrition and physical activity planning & ideas

## What You'll Get.

Workshops are held once a week for 6 weeks. Each 2½ hour session is led by trained leaders who have chronic conditions themselves. Expect:

- Better overall health
- More energy & less fatigue
- More active lifestyle
- Increased confidence in managing diabetes
- **FREE** book, relaxation CD & certificate of completion to share with your doctor!

## Let's do this. Together.

For more, or to register:

[betterchoicesbetterhealthsd.org](http://betterchoicesbetterhealthsd.org)  
**1-888-484-3800**



For the Better Choices, Better Health<sup>®</sup> South Dakota program, we adhere to AA/EEO guidelines in offering educational programs and services.

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