

# Healthy Living with Diabetes



This researched and proven workshop is designed to help adults with type 2 diabetes or pre-diabetes learn skills and increase their confidence in managing their diabetes. The workshop meets for 2½ hours once a week for six weeks. It is for adults who have diabetes or pre-diabetes or are living with someone who has diabetes.

Healthy Living with Diabetes does not replace existing treatments, but rather compliments the treatments a participant receives.



What's in it for me? People who have taken the workshop show:

- Better health, healthier behaviors and a sense of confidence in managing their diabetes
- Improvements in blood sugar levels
- Decrease in health distress and hypo- and hyperglycemia
- Fewer doctor and emergency room visits and fewer hospitalizations

**August 29th through October 3rd (six Tuesdays)  
2:30 to 5:00 p.m.**

**Lobby Conference Room  
Stoughton Hospital  
900 Ridge Street, Stoughton**



*Stoughton Area  
Senior Center*



**\$20 per person for the series. Free if you already have the book.**

**To register, please contact Sonja at 873-2356.**

**This series is sponsored by Stoughton Area Senior Center, Stoughton Hospital & Safe Communities**



Disclaimer: This activity is organized and solely sponsored by a recognized parent or community organization in support of the Stoughton Area School District and not by the school district itself. It is recognized that the intent of this activity is to ultimately support students and families served by the Stoughton Area School District. Permission to distribute this material has been granted by the Superintendent.

# Getting To Know Medicare

Getting to Know Medicare is a class designed to educate current and future Medicare beneficiaries with the four parts of Medicare as well as equip them to navigate through the various insurance options.

*This FREE talk will be presented by The Retirement Classroom.*



## Getting to know Medicare will help answer:

- What are the differences between Medicare Parts A, B, C, and D?
- What are my options in enrolling for Medicare?
- What are the differences between Medicare Supplement and Medicare Advantage plans?
- How do I figure out the Prescription Drug plans and what is the “Donut Hole”?

**Wednesday, August 23rd at 5:30 p.m.**

**Stoughton Hospital**

**900 Ridge Street, Stoughton**

**Bryant Health Education Center (lower level)**

To register for this free event, please go to [stoughtonhospital.com](http://stoughtonhospital.com) and click on “Classes & Events.”

Questions? Please contact Sonja at 873-2356.



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[stoughtonhospital.com](http://stoughtonhospital.com)





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# SUMMER Day Camp

## BEFORE/AFTER-SCHOOL PROGRAM

On Stoughton's East Side!

Open 7 am to 6 pm M - F  
and ALL days off school (even snow days)



Come and spend school breaks  
on this 10-acre,  
kid-friendly farmette!

Small animals: Chickens, sheep,  
goats, pig, and more!

Learn to grow your own food

Sports!

Field trips!

Build lasting friendships!



Transportation to/from school!

Non-Profit Educational Growing Center  
\$150/week or \$35/day

Come and spend time  
reconnecting to nature!  
Before/After school: \$5/hour

(608) 873-9939

[www.fortlittlegreen.com](http://www.fortlittlegreen.com)

[fort.littlegreen@gmail.com](mailto:fort.littlegreen@gmail.com)



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**NEW!**

# *Anorexia and Bulimia Support Group*



**This new peer support group will provide a community for individuals facing similar issues. The group will provide social interaction, support and education on how to eat and exercise in a more balanced way.**

**Our free support group is for individuals over 18 years of age.**

**Meets 1st Thursday of the month at 6 p.m.  
Stoughton Hospital Lobby Conference Room  
900 Ridge Street, Stoughton**

*Questions? Please contact Susie at [ABgroupstoughton@gmail.com](mailto:ABgroupstoughton@gmail.com)  
or (608) 877-6089*



[stoughtonhospital.com](http://stoughtonhospital.com)

