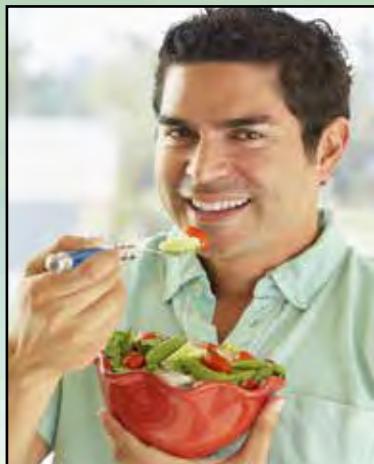


Healthy Living with Diabetes



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 complements 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**

**\$20 per person for the series. Free if you already have the book.
To register, please contact Sonja at 873-2356.**



Stoughton Area
Senior Center



Safe
Communities
safercommunity.net

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



Trusted care. Close to home.

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.

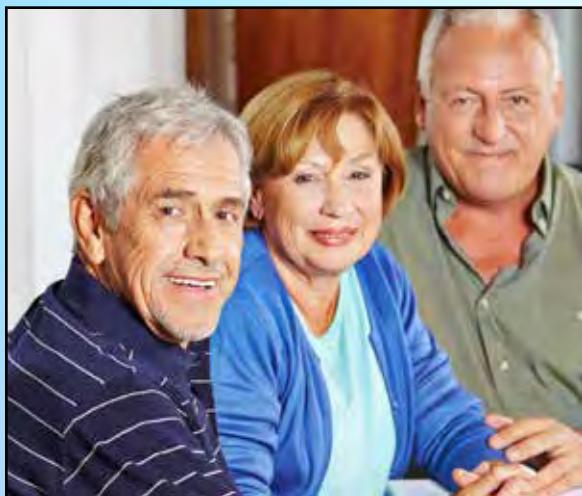
stoughtonhospital.com



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 and click on “Classes & Events.”
Questions? Please contact Sonja at 873-2356.



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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

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

or (608) 877-6089

