

Living Well with Diabetes



Prediabetes and diabetes can be managed with simple, proven lifestyle changes. Learn how.

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If you live with diabetes and would like to improve your health and sense of well-being, this class is for you.

Participants make weekly action plans, share experiences and help each other solve problems as they carry out their self-management program. Family members, friends and partners are welcome.

For information or to register, contact:

Peter Hafften
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218-623-7800

**6 Session Workshop
Monday's Each Week**

**Starts April 29, 2019
1:00pm-3:30pm**

**Blue Cross Blue Shield Retail Center
425 W Superior St. #1060 Duluth, MN 55802**

Cost: Free to Join

Juniper is a statewide network that helps people manage chronic health conditions, prevent falls, and foster well-being.

yourjuniper.org
Toll Free 1.855.215.2174



**Arrowhead Area
Agency on Aging**

