

Live Well with Diabetes

Take Control

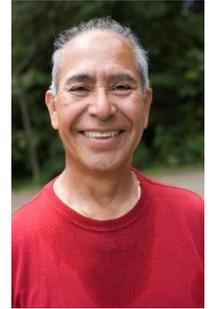
Feel Better

Energize

Live

Enjoy

The in-home version of the popular **Live Well with Diabetes** workshop is now available to adults in the comfort of their home without having to use technology beyond the telephone. The toolkit can be sent directly to participants at no cost and includes a Living a Healthy Life Book, instruction booklet and exercise and relaxation CDs. Weekly phone calls from a trained Live Well leader enhances the experience and can help to alleviate social isolation during the COVID pandemic.



Participants will learn about:

- Physical activity, exercise, and healthy eating
- Dealing with difficult emotions
- Decision-making and communications skills
- Working with healthcare providers
- Action Planning



Provided by: Ledge Light Health District and Ledyard Parks and Recreation

Register: This FREE program is open to Ledyard residents and non-residents.

Please note there is a limited supply of toolkits. Participants must be willing to share their name, address, and phone number so the toolkit can be mailed directly to them and the leader can place the weekly call. Calls are approximately 1 hour in length and take place conference-call style with 4 -6 participants.

Class 1:

Tuesday, January 5, 12, 19, 26, and Feb 2, and 9, 2021, 7:00 – 8:00pm

Class 2:

Wednesdays, January 6, 13, 20, 27 and February 3, and 10, 2021, 10:00 –11:00am

For more information or to register call Cindy Barry at Ledge Light Health District (860) 448-4883. Registration closes on December 5, to allow for packets to be mailed home to each participant. Space is limited to call today.

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