

DIABETES

PATIENT SUPPORT SERIES

All sessions are **FREE**
and open to the public!
RSVP by calling **715-425-6701**

Vibrant Health
FAMILY CLINICS



KUMQUAT AND OTHER GROCERY STORE MYSTERIES

Tuesday, November 15th • 6PM - 7PM • Family Fresh Market in River Falls

Join Registered Dietitian and Certified Diabetes Educator Debra Sanders from Vibrant Health Family Clinics and Regional Wellness Specialist Louise Bilek from Family Fresh Market to learn tricks and tools for navigating the grocery store to support your health and wellness goals. In this tour, you'll learn the nutritious and delicious facts about the produce names you can't pronounce; how to read food labels; and walk away with recipes. **Space is limited. Please RSVP to 715-425-6701 by November 11, 2016.**



USING TECHNOLOGY AS A TOOL FOR MANAGING DIABETES

Tuesday, December 6th • 6PM - 7PM • River Falls Area Hospital Classrooms

Thousands of diet and nutrition apps are available for phones and tablets and many can be a powerful tool for those looking to lose weight or manage diabetes. In this session, we'll look at the Top 5 apps recommended by the American Diabetes Association.



THE BEST PHYSICAL ACTIVITY FOR MANAGING DIABETES

Tuesday, January 10th • 6PM - 7PM • River Falls Area Hospital Classrooms

Physical activity has so many benefits, but the biggest one is that it makes it easier to control blood glucose (blood sugar) levels. When you exercise, your muscles get the glucose they need, and in turn, your blood glucose level goes down. This is vital to the health and wellness of people with diabetes. In this session, we'll look at the pros and cons of joining a gym and provide resources for getting active. Physical Therapist and Personal Trainers will guide you through physical activity that can be done at the gym or in the comfort of your home. Please wear comfortable clothing.



COOKING FOR HEART HEALTH AND DIABETES

Tuesday, February 7 • 6PM - 8PM • Family Fresh Market in River Falls

Cooking at home can be rewarding for your diet and lifestyle (and your wallet). Making small changes in your diet is important for your heart health and managing chronic disease. If you're ready to start cooking at home, we have dozens of recipes and pointers to ease you into the kitchen. Join Registered Dietitian Debra Sanders from Vibrant Health Family Clinics and Regional Wellness Specialist Louise Bilek from Family Fresh Market for a hands-on demonstration complete with samples, coupons and recipes to help you cook at home.



SUPPORT AND SELF CARE BEHAVIORS FOR MANAGING DIABETES

Tuesday, March 7th • 6PM - 7PM • River Falls Area Hospital Classrooms

Living with diabetes can seem stressful and you may feel that no one understands. This can lead to problems that hinder you from reaching your health goals. Join our diabetes educator and Care Coordinators to learn how to develop the skills to take control of your diabetes. These include: healthy eating, being active, monitoring, taking medication, problem solving, coping mechanisms and support groups.