



Langlade County Health Department

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Public Health
Prevent. Promote. Protect.
Langlade County Health Department

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FOR IMMEDIATE RELEASE

Langlade County Health Department Offers Healthy Living with Diabetes Program Helps People with Type 2 Diabetes, Pre-Diabetes

More than 100 million adults in the U.S. are now living with diabetes or pre-diabetes, according to the Centers for Disease Control and Prevention (CDC). While that statistic is startling, there is good news. People with diabetes or pre-diabetes can improve their health by joining a Healthy Living with Diabetes workshop sponsored by the Langlade County Health Department and the Senior Center of Langlade County. The program has been researched and proven to improve the health of adults with diabetes or pre-diabetes.

In just 6 weekly sessions Healthy Living with Diabetes gives participants strategies for managing diabetes including techniques to deal with symptoms and information about healthy eating, appropriate use of medication, exercise and working effectively with health care providers. Participants learn to make realistic, achievable action plans, share their experiences and help each other solve problems.

Healthy Living with Diabetes will be held on Wednesday from 9:00am-11:30am starting on August 23, 2023- September 27, 2023 at the Senior Center of Langlade County located at 623 Edison Street Antigo, WI 54409. The workshop is free, but we are asking for \$10 donation to help with the cost of the class and the books. This is not a requirement to take the class.

For questions or to register for the program, contact the Langlade County Health Department at 715-627-6250.

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