



Living Well With Diabetes

Join us for a FREE six week
(1x/week for 2 ½ hrs)
workshop to help put life
back in your life!

Weds, Jan 17th – Feb 21st



Living Well workshops are fun, interactive classes that provide you with tools for living a healthy life with diabetes and other chronic conditions. Receive a free book at your first class!

Sponsored by:

The Public Health Foundation of Columbia County, Community Action Team, NW Senior and Disabilities, and Acumentra Health.

Sign Up Now!

Time: 9:30 a.m. – 12:00 p.m.

Location of Workshops: Springlake Community, Fred Winter Hall, 51590 Westlake Dr., Scappoose, OR 97056

Who: Anyone living with diabetes and caregivers/ family members of people living with diabetes. All ages welcome.

To Register: Call Claire Catt at (503) 397-4651 Ext 2016



“ I was tired. I hurt all the time. It felt like my health problems were telling me what I could and couldn’t do. Living Well Workshops put ME back in charge.”