

Did you know?

A healthy diet helps Americans reduce their risks for many health conditions.

- Constipation
- Overweight/Obesity
- Malnutrition
- Iron-deficiency anemia
- High blood pressure
- High cholesterol

And even chronic, or lifelong, diseases

- Type 2 Diabetes
- Osteoporosis
- Oral disease
- Diverticular disease
- Heart disease
- Some Cancers



**Valley Professionals
Community Health Center**
CARING PROFESSIONALS IN YOUR COMMUNITY.

201 W Academy Street
Bloomington, IN 47832

RSVP by April 7th

Contact Holli, Patient Care Coordinator
hgosssett@vpchc.org or (765) 498-9000

www.valleyprohealth.org



Community Healthy Living Workshop Series: Focus on Diabetic and Weight Loss Self-Management



Do you need a hand getting healthy?

Valley Professionals and Purdue Extension - Parke County are joining hands to bring you:

Healthy Living Workshop Series

This three-week series will consist of weekly, 1 ½ hour-long classes focusing on Diabetic Self-Management through Prevention, Control, and Lifetime management.

Healthy living is an easily reachable goal through awareness, healthy food choices, and enjoyable daily physical activity.

If you or a family member is living with diabetes, at risk of developing diabetes, or just need healthy living tips, this is for you.

FREE to the Public!



All meetings
are at the
Parke County
Fairgrounds
4-H Building.

What You'll Learn

- Latest diabetes information
- Treatment and Management
- How to Control your Blood Sugar
- Meal Planning
- Physical Activity



Schedule

Tuesday, April 11th

5:30pm to 7:00pm

- Diabetes 101
- Balanced Meals and the Effects of Skipping Breakfast
- Physical Activity

Tuesday, April 18th

5:30pm to 7:00pm

- Living with Diabetes
- Waiting Too Long to Eat Between Meals: the Right Way to Snack
- Stress & Diabetes, with guest Megan Neitling, Mental Health Counselor

Tuesday, April 25th

5:30pm to 7:00pm

- Taking Control of Your Diabetes
- Meal Planning
- Your Provider and You, with guest Christi Busenbark, FNP-C.

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Visit us online! www.valleyprohealth.org