

From Burnout to Balance

Living Well with Diabetes

Join us to learn how to overcome
Diabetes Burnout

June 12 & 13, 2018

Location: ELKS Hall

8:30 am — 4 pm

Diabetes is a hard to
manage, lifelong condition
Diabetes burnout is common

BUT THERE IS HOPE!

Join us & learn to...

- ◆ Identify and overcome the barriers to treat
- ◆ Set reasonable diabetes management expectations
- ◆ Build supportive relationships with you healthcare team, friends, family and others living with diabetes



Pre Register by Friday May 18, 2018

Only 75 Seats Available!

Sugarcane - 250-296-3532

Soda Creek -250-989-2355

Dog Creek - 250-440-5822

Canoe Creek—250-459-7749



Also Available on Site:

- ◆ Diabetes Screening
- ◆ Medication Counselling
- ◆ Tips for Managing:
 - Stress
 - Mental Health
 - Nutrition & Exercise
 - Foot Care
 - Childhood Obesity
- ◆ Presentations by Healthcare Professionals
- ◆ Healthy Diabetic Friendly Lunch & Snacks