



LIVING WELL WITH DIABETES

Tuesdays

2/24/26 - 3/31/26

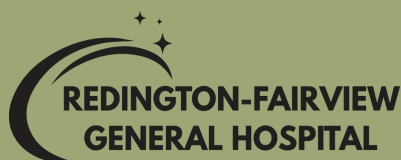
3:00 PM - 4:00 PM

All classes in Conference Room 4 at
Redington-Fairview General Hospital

Register soon, limited spots available!

To register, please contact:

Brittney Dunphy
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(207) 858-2318



LIVING WELL WITH DIABETES

What is Living Well with Diabetes?

This is an interactive group class where you will learn strategies for diabetes symptom management to improve your overall health and wellness. You will learn tools in this class that will help you identify, develop and pursue personal goals in a safe, inclusive environment.

Who can benefit from Living Well with Diabetes?

This class is ideal for any adult with type 2 diabetes or prediabetes. This class is especially valuable for individuals with multiple conditions, rising health risks, and those who want group support.

What can Living Well with Diabetes do for you?

This class will go over day-to-day challenges of living with type 2 diabetes or prediabetes. This class will empower you to increase your self-management, and improve what you know about pain management. Studies show that adults who finish this class are able to lower their A1C, increase physical activity, and implement diabetic friendly meal choices. Studies also show that adults who finish this class lower their depression levels, how often they get sick, lowers how often your blood sugar gets low, and more!

