



Living Well with Diabetes



If you live with diabetes and would like to improve your health and sense of well-being, this class is for you.

Participants make weekly action plans, share experiences and help each other solve problems as they carry out their self-management program. Family members, friends and partners are welcome.

For information or to register, contact:
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Lao Advancement Organization of America
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ພະຍາດກ່ອນເປົາຫວານ ແລະພະຍາດເປົາຫວານສາມາດຈັດການໄດ້ດ້ວຍການປ່ຽນແປງວິຖີຊີວິດທີ່ງ່າຍດາຍ, ພິສູດແລ້ວ. ຮຽນຮູ້ວິທີ.

ຖ້າທ່ານປ່ວຍເປັນພະຍາດເປົາຫວານແລະຕ້ອງການທີ່ຈະປັບປຸງສຸຂະພາບແລະຄວາມຮູ້ສຶກທີ່ດີ, ຫ້ອງຮຽນນີ້ແມ່ນສໍາລັບທ່ານ.

ສົນໃຈ: ກາຣຸນາຕິດຕໍ່ພົວພັນທີ່ ອົງການລາວເພື່ອຄວາມກ້າວໜ້າໃນສະຫະລັດ.

ໂທ: 612-767-1684

Juniper is a statewide network that helps people manage chronic health conditions, prevent falls, and foster well-being.

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