

# PARTICIPANTS STANFORD PROGRAM 2010 SCHEDULE

## Workshops For Patients/Caregivers/Families

### Healthy Living with Diabetes Workshop

This workshop meets 2 1/2 hours each week for 6 weeks and has been designed to help you manage your diabetes and lead a healthier life. Topics include: What is Diabetes?, Formula for a Healthy Eating Plan, Preventing Low Fat Meals, Dealing with Stress, Reading Nutrition Labels, Making Action Plans, Problem Solving, Strategies for Sick Days, and Foot Care.

### Steps Toward a Healthier You

This workshop meets 2 1/2 hours each week for 6 weeks. This workshop has been designed to help you manage your health and lead a better healthier life. It focuses on self-care, learning new coping strategies and sharing experiences with other group members.

Program:	Dates:	Time:	Location:
Healthy Living with Diabetes Workshop	April 6, 13, 20, 27, May 4, 11	12pm-2:30pm	Physician Training Center 26550 John R. Madison Heights, MI 48071
Healthy Living with Diabetes Workshop	April 6, 13, 20, 27, May 4, 11	6pm-8:30pm	Physician Training Center 26550 John R. Madison Heights, MI 48071
Healthy Living with Diabetes Workshop	April 7, 14, 21, 28, May 5, 12	6pm-8:30pm	Country Creek Building 4986 Adams Road, Large Conference Room, Rochester, MI 48306
Healthy Living with Diabetes Workshop	June 1, 8, 15, 22, 29, July 6	12pm-2:30pm	Physician Training Center 26550 John R. Madison Heights, MI 48071
Healthy Living with Diabetes Workshop	June 1, 8, 15, 22, 29, July 6	6pm-8:30pm	Physician Training Center 26550 John R. Madison Heights, MI 48071
Healthy Living with Diabetes Workshop	Aug. 3, 10, 17, 24, 31, Sept. 7	12pm-2:30pm	Physician Training Center 26550 John R. Madison Heights, MI 48071
Healthy Living with Diabetes Workshop	Aug. 3, 10, 17, 24, 31, Sept. 7	6pm-8:30pm	Physician Training Center 26550 John R. Madison Heights, MI 48071
Healthy Living with Diabetes Workshop	Oct. 5, 12, 19, 26, Nov. 2, 9	12pm-2:30pm	Physician Training Center 26550 John R. Madison Heights, MI 48071
Healthy Living with Diabetes Workshop	Oct. 5, 12, 19, 26, Nov. 2, 9	6pm-8:30pm	Physician Training Center 26550 John R. Madison Heights, MI 48071
Steps Toward a Healthier You	TBD	10am-12:30pm	Physician Training Center 26550 John R. Madison Heights, MI 48071

**Cost: \$25 per workshop**

For more Information or would like to register,  
contact Jan Anderton at 248-475-4718 or [janderton@transformcoach.org](mailto:janderton@transformcoach.org)

**We can do ONSITE as well!**