Classes forming now.*
Call for a schedule and location near you.
(585) 244-8400
*Space is limited, so be sure to call soon!

Train as a facilitator for Living Healthy!

Train to become a facilitator for Living Healthy classes! You just need good communication and interpersonal skills, enthusiasm and a willingness to lead small group workshops. We provide the training and ongoing support!

Call Lifespan to learn more. (585) 244-8400
Living Healthy with Diabetes

Living Healthy with Diabetes is a six session, peer-led health education program. It was developed and tested by Stanford University, and is designed to complement and enhance medical treatment and diabetes management.

If you have a diabetes diagnosis or you are caring for someone with diabetes, join us!

★ Session 2: Formula for a healthy eating plan. Preventing low blood sugar.
★ Session 5: Depression management. Communication skills. Medication usage.

“The workshops put me back in charge of my life, and I feel great. I only wish I had done this sooner.”

Feel better! Take control! Get connected!

For more information on Living with Diabetes workshops, call Lifespan at 585-244-8400

One-time fee of $20 covers the cost of materials.