

BALANCED AND THRIVING WITH DIABETES

EMPOWERING YOU EVERY DAY



SUPPORT, GUIDANCE, AND HOPE

This interactive workshop is designed to help individuals build healthy coping skills, strengthen emotional wellness, and create sustainable habits that support a balanced and thriving life.

**Wednesday, August 5, 2026
at 5:00 p.m.**

128 W. Norfolk Ave., Norfolk NE

Call: **402-529-2233** OR

Online: elvphd.ne.gov/News-Events/Classes-Events



**REGISTER
TODAY
AS CLASS
SIZE IS
LIMITED!**



**PRACTICE TOOLS AND SUPPORT FOR
LIVING WITH DIABETES**