



Watercrest of Lake Nona Hosts *Living Healthy with Diabetes* Workshop Series

VERO BEACH, FL, November 30, 2016 – [Watercrest of Lake Nona](#) is proud to partner with Senior Resource Alliance in offering a free *Living Healthy with Diabetes* workshop series beginning in January at Watercrest of Lake Nona Assisted Living and Memory Care Community.

Living Healthy with Diabetes is a six-week program, designed by Stanford University, to benefit individuals with type 2 diabetes and their caregivers. Workshop participants receive support from trained leaders and discover new skills to take control of their diabetes and increase self-confidence. Individuals will gather insight on problem solving and goal setting, learn how to use medication effectively, monitor blood sugar, find practical ways to manage fatigue and depression, increase nutrition, implement relaxation techniques and learn to talk with doctors and family about their health.

Workshop sessions will be held every Tuesday, January 10th through February 14th from 9:30am to 12:00pm at Watercrest of Lake Nona Assisted Living and Memory Care Community, 9682 Lake Nona Village Place, Orlando, FL 32827. Light snacks will be provided and registration is required to attend. For registration and further information, please call 407-514-1806 or email LivingHealthy@sraflorida.org

Watercrest of Lake Nona is a signature Watercrest product featuring luxurious accommodations, spa amenities, fine dining, as well as private label wines, locally grown organic fare, cultural programs, and distinctive activities and outings. As part of their Common Unity initiative, [Watercrest of Lake Nona](#) is purposefully enhancing services offered to families and caregivers of individuals living with ongoing health conditions such as diabetes.

“We are so pleased to host the *Living Healthy with Diabetes* workshop, which strengthens our common unity partnerships in continuously giving back to our community,” says Jenny Phillips, Executive Director for Watercrest of Lake Nona.

Past participants report increased energy, reduced stress, greater self-confidence, and fewer doctors’ visits as a result of attending the *Living Healthy with Diabetes* 6-week workshop.

“The goal is to help people better manage their health conditions and deal with the frustration, fatigue and pain that can accompany diabetes,” notes Lauren Benoit, Health & Wellness Program Manager for Senior Resource Alliance. “Participants benefit from meeting others with ongoing conditions, learning how they cope and enjoying the camaraderie of knowing they are not alone in how they’re feeling.”

[Watercrest Senior Living](#) is committed to enriching the lives of seniors by providing wellness programs, nutritious and savory dining, and personalized care. Additionally, Watercrest provides a comprehensive memory care program specifically designed to engage the senses, expand the mind and enhance the emotions of residents. All Watercrest memory care associates are Certified Dementia Specialists and programming focuses on innovative lifestyle approaches, including personal life silhouettes, multi-sensory enhancements, Memories in the Making, and Music and Memory programs. For community information, visit www.watercrestseniorliving.com or email lakenona@watercrestseniorliving.com.

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