

Living Well with Diabetes

Tips for a healthy lifestyle
and reducing the risk of
medical complications



In **six, two-and-one-half hour** sessions, you'll learn about:

- Techniques to deal with the symptoms of diabetes, including fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration
- Appropriate exercise for maintaining and improving strength and endurance
- Healthy eating
- Use of medication
- How to better work with healthcare providers

What participants say:

"This class is the best thing I've done for myself. I highly recommend it to others with diabetes."

"The Living Well with Diabetes class was the only class I've ever taken that hit home. I liked that it was a small class and that participants interacted with each other and supported each other."



Juniper is a statewide network grounded in your local community to help you live well, get fit, and prevent falls.

yourjuniper.org | Toll Free 1.855.215.2174



This class is for you if you:

- Are newly diagnosed with diabetes
- Have poor blood sugar control
- Have greater than 7 percent A1c
- Have experienced recent complications that required hospital or emergency room treatment

The small-group class is a combination of presentations, discussion, and activities with others who have similar experiences to you. Participants make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their plan. Juniper has been identified by the American Diabetes Association for providing high-quality Diabetes Support* programming.

The program, which is also known as “Diabetes Self-Management Program,” was developed by Stanford University and is managed by the Self-Management Resource Center (SMRC).



“The American Diabetes Association identifies this program as meeting the Diabetes Support Initiative criteria for support programming.”