For the approximately 25.8 million Americans living with diabetes, managing the condition can be a daily challenge. Keeping blood sugar levels in desired ranges can be a constant balancing act.

Much of diabetes management rests in the hands of the individual. Daily self-care such as monitoring blood sugar, taking medications, problem-solving, following a healthy diet and participating in regular physical activity are all necessary to maintain adequate control of complications. *Healthy Changes for Living with Diabetes* is a powerful series that can improve self-care through education, support and development of coping and problem-solving skills.

The workshop is geared toward individuals with type 2 diabetes and their caregivers. Participants will make weekly action plans, share experiences, and help each other solve problems they encounter in creating and carrying out their self-management program.

Sessions are held once a week for six weeks, for 2½ hours each, and taught in groups of up to 16. Two certified lay leaders, one or both of whom have diabetes themselves, lead each session.

**Participants will learn:**

- Techniques to deal with fatigue, pain, hyper/hypoglycemia, stress and emotional problems such as depression, anger, fear and frustration
- Appropriate exercise for maintaining and improving strength and endurance
- Healthy eating
- Appropriate use of medication
- To work more effectively with health care providers

**Participants who took the workshop demonstrated:**

- Significant improvement in depression
- Reduced or improved symptom of hypoglycemia
- Improved communication with doctors
- Healthier eating habits
- Increased focus on food labels
- Improvement in exercise and other activities

Learn more about *Healthy Changes for Living with Diabetes.* Call Lynda Conner at 470-378-1630 or lconner@atlantaregional.org.

*Healthy Changes for Living with Diabetes* is Stanford University, School of Medicine’s evidence based Diabetes Self-Management program. It has been offered extensively through the United States since 2008.