



Healthy Changes for Living with Diabetes

– A Living Well Workshop –

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 **Dana Heyl, MPH** at **470-631-6015** or **dhey@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.