

Living Healthy, Living Well with Diabetes

Tens of thousands of people nationwide have learned the self-management approach to their diabetes. This group lowered their blood sugar, made fewer trips to the emergency department, and were less likely to end up in the hospital because of diabetes—even a year later.

Just as important are the changes people report in how they feel about their lives: effective, in charge, and able to do what matters most to them.

Living Healthy, Living Well doesn't replace your diabetes treatment plan—far from it. It teaches you the best ways to work with your doctor and your family, and helps you set your own goals for managing your condition and controlling your life.



How is this program different?

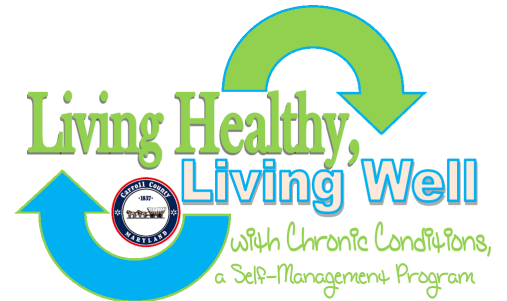
You set your own goals. The changes you see are things that matter most to you.

You learn hands-on with others. The group brings fun and wisdom as you apply new skills in your own life.

A diabetes diagnosis brings big changes.

Find solutions that work for you.

Living Healthy, Living Well with Diabetes is proven to make a big difference in your health and your life. In just 6 weeks, you can learn to take charge of your health and get back to doing the things that matter to you.



Living Healthy, Living Well helps you build confidence in your ability to manage your condition.

You'll get information and advice for:

- Healthy eating and nutrition: food label reading and meal planning
- Relaxation techniques
- Partnering with your health care provider
- Short-term goal setting
- Fitness for exercise & fun
- Feedback and problem-solving
- Stress and depression management
- Communicating effectively with friends, family, and your medical team

Sponsored and Offered for FREE by **Carroll County Bureau of Aging & Disabilities**, 125 Stoner Avenue, Westminster, MD 21157.

Learn more about the *Living Healthy, Living Well with Diabetes* (an evidence-based self-management workshop originally developed at Stanford) by contacting **Leslie Wagner** at **410-386-3818**, LivingHealthy@ccg.carr.org.

