



Diabetes Prevention and Self-Management

While there is no cure for diabetes, knowledge about diabetes and self-management skills can improve the experience of symptoms and overall quality of life for those living with diabetes. Lifestyle changes can help reduce the likeliness of developing type 2 diabetes among people with pre-diabetes. Healthy Living for ME offers evidence-based classes to address both of the above conditions.

National Diabetes Prevention Program (NDPP)

NDPP is a collaborative, community-based, lifestyle change program designed for people with pre-diabetes. The topics include eating healthier, reducing stress, and getting more physical activity to become healthier.

Living Well with Diabetes

Also known as Diabetes Self-Management Program, Living Well with Diabetes is designed to help people with type 2 diabetes learn how to live well. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with healthcare providers.

> For class information and to register, visit healthylivingforme.org