



LIVING WELL WITH DIABETES



Q. What is Living Well with Diabetes?

A. An interactive, group workshop led by two facilitators. The workshop includes 6 weekly sessions, where participants learn effective strategies for symptom management to improve their overall health and wellness. Using tools learned during the sessions, participants are able to identify, develop, and pursue personal goals in a safe, inclusive environment.

Q. Who can benefit from Living Well with Diabetes?

A. Developed with diabetes patients, educators, nutritionists, and specialists, this workshop is ideal for any adult with Type 2 Diabetes and individuals with Prediabetes. It is especially valuable for individuals with multiple conditions, rising health risks, and those seeking group support. Caregivers, friends, and family members are also welcome to participate to support their loved ones.

Q. What does Living Well with Diabetes do for participants?

A. Through covering the day-to-day challenges of living with Type 2 Diabetes or Prediabetes, this workshop empowers participants to increase self-efficacy and improve knowledge and beliefs around their diabetes management. Studies show participants who complete this workshop are able to lower their A1C, increase physical activity, and implement diabetic friendly meal choices. Workshop benefits are also seen in decreased levels of depression, illness intrusiveness, hypoglycemia symptoms, medication adherence, and receiving recommended tests, such as regular foot and eye exams and cholesterol checks.