



## Did you know?

- In Minnesota 10.5% of the adult population has diabetes, that is almost 470,000 people.
- Diabetes is the leading cause of blindness, heart disease, stroke, kidney disease, and amputation of lower extremities.
- Diabetes is a very expensive disease to treat: The cost in Minnesota alone is \$4.4 billion.
- The medical costs for a diabetic are 2.3 times higher than a nondiabetic.

Statistics are from the  
American Diabetes Association

**JUNIPER**  
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MINNESOTA RIVER  
Area Agency on Aging®

*Living Well with Diabetes* was  
developed at Stanford  
University.



## Living Well with Diabetes

A 6-week workshop proven to  
help people with diabetes better  
manage their condition



## Living Well with Diabetes

Diabetes is a chronic, life-long, ongoing condition. While you may see a physician or another health care provider several times a year, most days you are the one who controls your diabetes through monitoring, nutrition, exercise, and managing your symptoms. *Living Well with Diabetes* is a researched and proven program designed to help you do that.

### What is *Living Well with Diabetes*?

This workshop is designed to help adults with type 2 diabetes or pre-diabetes learn self-management skills and increase their confidence in managing their diabetes.

The workshop meets once a week for six weeks — 2-1/2 hours each session.

*Living Well with Diabetes* complements existing treatments a participant receives.

### Who should take the workshop?

- Adults with type 2 diabetes,
- Adults with pre-diabetes, or
- Adults living with someone who has diabetes

### People who take this workshop:

Learn techniques to deal with the symptoms of diabetes.

Learn about appropriate exercise, use of medication, and healthy eating strategies.

Report improved health, health behavior, and a sense of confidence in managing their diabetes.

Show improvements in blood sugar levels and a decrease in health distress and hypo and hyperglycemia.

Feel more confident in their ability to communicate with physicians.

Have fewer doctor and emergency room visits and fewer hospitalizations.

### Workshop Information

**Who:**

**Where:**

**When:**

**Registration Info:**