Better Choices, Better Health® Diabetes

Live Better with Diabetes

Living with diabetes can mean a constant struggle to lose weight, count carbs, control blood sugar, and avoid problems. It can leave you feeling tired and depressed and unable to do the things you love. Make sure YOU are in charge—not your diabetes.

A free, online *Better Choices, Better Health®—Diabetes* workshop can help.
Sign up at: *www.RestartLiving.org/Diabetes*

Developed and tested at Stanford University, a *Better Choices, Better Health®—Diabetes* workshop can help you:

- Gain the skills to manage problems like glucose monitoring and medication records.
- Learn to handle difficult emotions like stress and guilt.
- Communicate better with family, friends and your medical team.
- Benefit from the support of others who understand what you're doing through.

Online, Easy to Follow, On Your Schedule

- Log on when you want to—in the morning, the afternoon, evening, whenever works for ***you***.
- Participate from any computer with an Internet connection, even a dial-up connection.
- Join a group of 25 people in each workshop, with new sessions posted each week for six weeks.
- Participate in group problem-solving and other guided exercises.
- Set your own goals and make a step-by-step action plan to help you feel better.

ncoa
National Council on Aging

Sign Up Today: To register online for a ***Better Choices, Better Health®—Diabetes*** workshop, please visit: *www.RestartLiving.org/Diabetes*