

# Detering the Impact of Diabetes



**Dates:** Sep 13 – Oct. 4

**Day:** Tuesdays

**Time:** 5pm – 6pm

**Location:** Admin Services Center

**Room:** 303

**Questions?** Contact Diane Brand

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**Email:** [Dbrand@mpsaz.org](mailto:Dbrand@mpsaz.org)

**Register:** [www.mpsaz.org/wellness](http://www.mpsaz.org/wellness)

If you are interested in learning how to prevent Type 2 or better live with Type 1 and Type 2 Diabetes, this mini-series is for you!

## **Physical Activity:**

Being active is primary to preventing and managing diabetes. Learn how to design your own program for maintaining an active lifestyle. Information will be offered on cardiovascular / aerobic options, strength training and flexibility. Do it at home or in the gym and maintain balanced blood sugar levels.

## **Nutrition:**

What we eat is critical to maintaining balanced blood sugar levels along with preventing and managing diabetes. Learn some of the myths and truths about what to eat and what not to eat. Find out how to use the Glycemic Index and which foods are high and which are low. Learn how to better consume high glycemic index foods to maintain balanced blood sugar levels.

## **Stress:**

Stress directly affects our health and behaviors. It also influences blood sugar levels and diabetes management. Learn tools, techniques and lifestyle approaches to reduce and better manage day to day stress. Managing stress will enhance our health and improve our lives.

## **Self-Care:**

Take the steps of self-care to improve our health and management of diabetes. Learn what you can do and how to best comply with medical management recommendations. Save your sight, your limbs and your life through proper self-care and medical compliance.

