



## Preventing Diabetes? Yes, you can!

The **National Diabetes Prevention Program** is an evidence-based lifestyle change program for preventing Type 2 diabetes. Participants meet weekly for 16 weeks followed by six to eight, monthly sessions. Research shows that 58 percent of past participants were successful in achieving normal blood sugar levels and losing five to seven percent of their body weight, which eliminated their risk of developing diabetes. Through the **National Diabetes Prevention Program** you will learn to:

- Jump start your routine
- Find a healthy weight
- Move your muscles
- Control your portions
- Talk back to negative thoughts
- Get support
- Stay motivated

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## **Personal Action Toward Health (PATH) for Diabetes**

**PATH for Diabetes** is a six week workshop designed to provide the skills and tools to improve your health and manage your symptoms. As a result, you will be better equipped to face the daily challenges of living with diabetes. Through **PATH for Diabetes** you will learn to:

- Deal with the challenges of not feeling well
- Effectively talk to healthcare providers and family members
- Overcome stress and relax
- Increase your energy
- Handle everyday activities more easily
- Stay independent
- Set goals

## **Personal Action Toward Health (PATH) for Chronic Pain**

**PATH for Chronic Pain** is a six week workshop for people experiencing chronic pain and their family members or caregivers. It enhances regular treatment by giving you the skills to coordinate what you need to manage your health and stay active. Through **PATH for Chronic Pain**, you will learn:

- Ways to effectively talk with family members, friends and healthcare professionals
- How to evaluate new treatments
- Techniques to deal with problems such as frustration, fatigue, isolation and poor sleep
- Exercises for maintaining and improving strength, flexibility and endurance
- Appropriate use of medications
- Nutrition
- Pacing activity and rest