



Take control of your diabetes!

Living Healthy with Diabetes is an evidence-based, diabetes self-management program originally developed at Stanford University. The program is designed for individuals with pre-diabetes, diabetes or at risk for diabetes who want to better manage their health.

Living Healthy with Diabetes can help you:

- Better manage your blood glucose
- Eat well
- Increase endurance, strength, & flexibility
- Use medication effectively
- Manage pain, fatigue & depression
- Communicate effectively with others
- ***Feel better and take charge!***

Anyone living with pre-diabetes, diabetes, or at risk for diabetes should join this workshop.



Program Dates: Wednesdays, Aug. 23 - Sept. 27, 2023
(total of 6 session - must be able to attend at least 4 sessions)

Time: 9:30am - 12:00pm

Program Fee: No cost to you!

Location: Common Ground -
First United Methodist Church
5481 Hickory Grove Rd.
Stanley, NC 28164

Facilitators: Pam Bryson, Linda J. Minges & Ruth Murphy

Registration: Register no later than August 9th -
704.922.2127 or linda_minges@ncsu.edu

For accommodations for persons with disabilities, contact 704.922.2127 no later than 5 business days before event. North Carolina State University and North Carolina A&T University commit themselves to positive action to secure equal opportunity regardless of race, color, creed, national origin, religion, sex, age, or disability. In addition, the two Universities welcome all persons without regard to sexual orientation.