

LIVING WITH DIABETES

JULY 2019 - JANUARY 2020

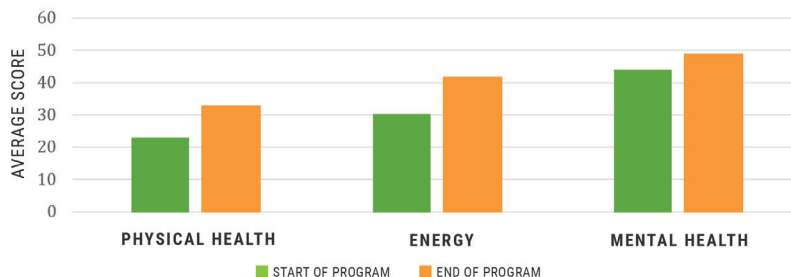


Your participation in the Living With Diabetes program gave us valuable information about the health needs of clients with diabetes. We hope to continue offering special resources for clients with diabetes. We could not have done it without your participation. Thank you!

What We Discovered:

- Participants' hemoglobin A1c (blood sugar) decreased.
- Participants improved their general health.
- Participants improved their diet.
- Participants learned skills and knowledge to manage diabetes.
- Participants learned skills to identify and cope with stress.
- Participants learned new information about oral health.
- Participants showed an interest in more hands-on activities.
- Overall, participants enjoyed the group while engaging with staff and peers.

IMPROVEMENTS IN HEALTH



IMPROVEMENTS IN DIABETES SELF-CARE ACTIVITIES

