

# LIVING WELL WITH DIABETES

While there is no cure for diabetes, knowledge about self-management skills can improve quality of life.



This program is designed for people with type 2 diabetes. It teaches:

- Healthy eating
- Exercise at your level
- How to use glucose monitoring to make day-to-day decisions
- How to manage sick days
- Reducing risk for other health conditions
- Coping with the challenges of living with diabetes



Get wellness support for a full 6 weeks



Benefit from group sessions with others facing similar challenges



This program is covered by both Medicare and Medicaid in Oregon.

**Call (833) 673-9355 to learn more.**

This program is available in English and Spanish. OWN offers evidence-based classes to address both prediabetes and type 2 diabetes.

