



## **Diabetes Prevention and Self-Management**

While there is no cure for diabetes, knowledge about diabetes and self-management skills can improve the experience of symptoms and overall quality of life for those living with diabetes. Lifestyle changes can help reduce the likeliness of developing type 2 diabetes among people with pre-diabetes. Juniper offers evidence-based classes to address both of the above conditions.

### **Diabetes Prevention Program (DPP)**

DPP is a collaborative, community-based, lifestyle change program designed for people with pre-diabetes. The topics include eating healthier, reducing stress, and getting more physical activity to become healthier.

### **Living Well with Diabetes (also known as Diabetes Self-Management Program)**

Living Well with Diabetes is designed to help people with type 2 diabetes learn how to live well. Topics include: techniques to deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress, depression, anger, fear and frustration; appropriate exercise for maintaining and improving strength and endurance; healthy eating, appropriate use of medication; and working with healthcare providers.

**> For class information and to register, visit [yourjuniper.org](http://yourjuniper.org)**