

## National Diabetes Prevention Program (NDPP)

1 out of 3 American adults has prediabetes, and most of them do not know it. Having prediabetes means your blood glucose (sugar) level is higher than normal but not high enough to be diagnosed as diabetes. Without lifestyle changes, many people will develop type 2 diabetes within 3 years.

You may be at risk if you are:

- *45 years of age or older.*
- *Overweight.*
- *Physically active less than 3 times a week.*
- *Had gestational diabetes.*

Luckily, you are not alone. The NDPP workshop series offers you an opportunity to prevent or delay the onset of type 2 diabetes while improving your quality of life.

Benefits of the NDPP series of workshops include:

- *You can cut your risk of developing type 2 diabetes in half.*
- *Making modest lifestyle changes helps participants to lose 5% to 7% of their body weight.*
- *You will have the support of other participants with the same goals as you!*

## Chronic Disease Self-Management (CDSMP)

CDSMP is a series of workshops for people with arthritis, diabetes, heart disease, lung disease, stroke, and other health problems lead by trained instructors who have or understand health problems like yours.

Topics include:

- *Techniques to deal with problems such as frustration, fatigue, pain and isolation.*
- *Staying independent.*
- *Nutrition.*
- *Appropriate use of medications.*
- *Communicating effectively with family, friends, and healthcare providers.*
- *Appropriate exercise for maintaining and improving strength, flexibility and endurance.*
- *Problem solving.*
- *How to evaluate new treatments.*

Workshops do not conflict with existing programs or treatment but enhance regular treatment and education.

Classes provide an environment where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

## Diabetes Self-Management Program (DSMP)

Type 2 diabetes is the most common type of diabetes in the United States and affects at least 90% of those who have diabetes. Diabetes cannot be cured, but it can be controlled. By controlling blood glucose levels, the complications of diabetes, such as kidney disease and blindness, may be delayed or prevented.

The series of DSMP workshops is open to the community, facilitated by trained leaders and attended by other participants who have type 2 diabetes too.

Things you will learn include:

- *The skills, attitudes, and behaviors needed to better control your diabetes.*
- *Techniques for dealing with the symptoms of diabetes, fatigue, pain and hyper/hypoglycemia.*
- *Working more effectively with healthcare providers.*

Support and feedback from fellow participants paired with a proven educational program make these workshops a valuable addition to your diabetes treatment plan.



## Walk with Ease

If you can be on your feet for 10 minutes without increased pain, you can have success with Walk with Ease!

Walk with Ease is a community-based, self-managed exercise program that can reduce pain and improve overall health for adults with arthritis. While walking is the central activity, Walk with Ease also includes health education, stretching and strengthening exercises, and motivational strategies.

With this program you will:

- *Understand the basics of arthritis and learn about the relationship between arthritis, exercise and pain.*
- *Exercise safely and comfortably.*
- *Use methods to make walking fun.*
- *Make personal and realistic fitness goals.*
- *Learn about other programs and resources that can help you maintain physical activity.*

Each participant utilizes the *Walk with Ease Guidebook* which gives all the information, tools, and support you need to set and reach your goals. On your own or with a group, this workshop can make a difference in your quality of life!

## To Participate in One of Our Programs

Do any the following programs sound like they are for you?

*National Diabetes Prevention Program (NDPP)*

*Chronic Disease Self-Management Program (CDSMP)*

*Diabetes Self-Management Program (DSMP)*

*Walk with Ease*

If you or your healthcare provider feel you could benefit from a Living Healthy workshop, please follow the instructions below.

Call our toll free help line  
Monday - Friday, 8:00am - 5:00pm

**1 (877) 496-2780**

Or register online at

**[ceacw.org/find-a-workshop](http://ceacw.org/find-a-workshop)**

# Living

# Healthy

# Workshops



*It's Time to Take Charge of Your Health!*

