

FREE HEALTH EDUCATION COMMUNITY RESOURCES NOVEMBER 2022



November is National Diabetes Month, a time to come together to spread education and resources related to diabetes. It is important to know that if you suffer from diabetes you are not alone, and it takes a team to manage diabetes. As a diabetic patient, it is important to take your time to learn as much as you can about your disease and talk with your primary care provider if any information is unclear.

Talk with your doctor to develop a plan that works for you to manage your health. No change is too small, but changes are important to create healthy habits. When you develop goals it is important to incorporate both physical activity and nutrition based on a diabetes meal plan. Choose fruits and vegetables, whole grains, lean meats, tofu, beans, seeds, and non-fat or low-fat milk and cheese. To stay motivated join a support group that introduces you to techniques for controlling stress and can be used as a pick-me-up when feeling overwhelmed.

WEBINARS/ EVENTS

Diabetes Basics

Diabetes Workshop: The Basics

Do I Have Prediabetes?

Diabetes information: Videos

ADDITIONAL BREAST CANCER INFORMATION

- [Your Diabetes Care Schedule](#)
- [Manage Blood Sugar](#)
- [Prevent Diabetes Complications](#)