

The background of the slide features a pattern of overlapping, semi-transparent green hexagons of various shades. In the top right corner, there is a solid brown rectangular area.

Be Well: Thriving with Diabetes

Module 1 – Introduction to Diabetes
and the Course

Welcome

- Agenda for today:
 - “Housekeeping”
 - Introductions: 15 min
 - Survey: 45 min - Break
 - Brief Diabetes overview: 20 min
 - Diabetes Complications 20 min
 - Success: 15 min
 - Summarize/questions

The Group Visit Model

- Class structure
- Attendance
- Respect each other's time here
- Be positive and constructive
- Respect for privacy and confidentiality: HIPAA

Introductions

- First name
- How long have you had Diabetes?
- What has that experience been like?
- What are you hoping to gain from this class? Any concerns?

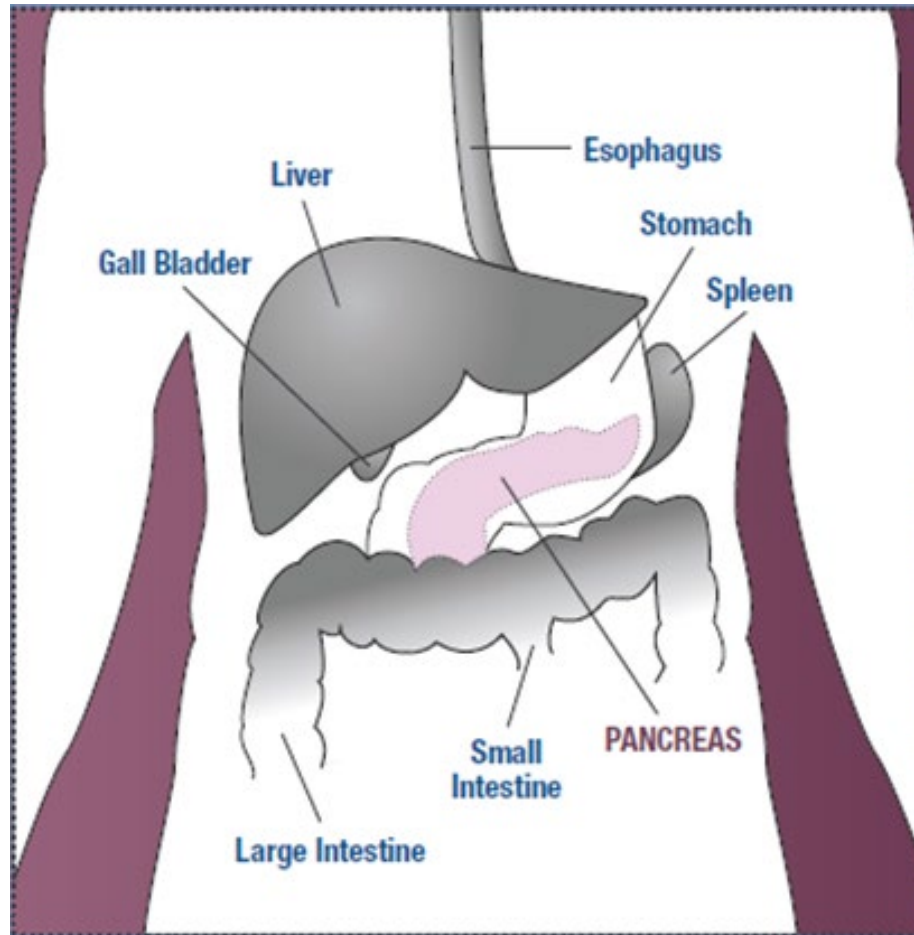
Learning about yourself

- Survey (we'll have another one on the last day)-these will be sent through Survey Gizmo to your personal email
- No right or wrong, just gathering information
- 45 min
- Once complete, please just turn over and take a little break
- If you would like more time, or help filling it out, please let me know, no problem.

And the Survey Says:

- Any ideas that were sparked from the survey?
- Anything you'd like to make note of with the group?

Diabetes Overview



Diabetes Overview

- Diabetes Made Simple video
 - <https://youtu.be/MGL6km1NBWE>

Complications of Diabetes

- Visual 2 in your binder
- Damage to our body:
 - Nerves: tingling and burning
 - Feet: Calluses and ulcers/wounds that heal slowly
 - Eyes: blurry vision, cataracts and glaucoma
 - Heart: increased risk of heart attack and stroke
 - Kidneys: filters: too hard to clear the sugar from the blood

COMPLICATION

DESCRIPTION

Neuropathy

Blood does not flow
well through the body

Cataract

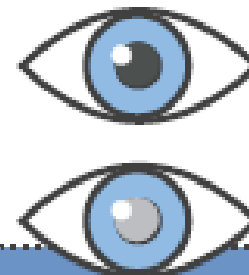
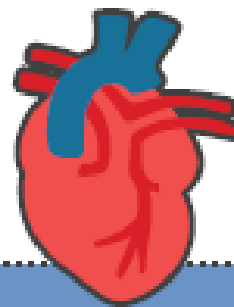
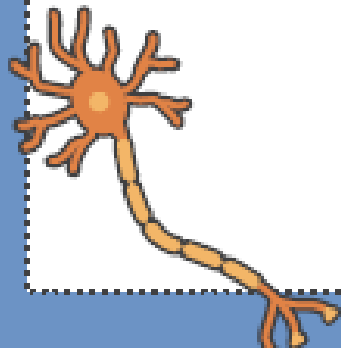
Thick, hard skin that
can become foot ulcers

Heart Disease

Hands or feet tingle

Callus

Cloudy vision



Benefits of Change

- Group question:
 - What do you all think are benefits of healthy behaviors like stress management, healthy eating and physical activity?

How to Succeed

- Knowledge
- Confidence
- Belief and Optimism
- *** Visual 4 in your binder ***



Summary

- Anything new or surprising for you today?
- What are you looking forward to learning more about or working towards for yourself?