



Better Choices, Better Health[®]—Diabetes

Live Healthier with Diabetes

Living with diabetes can present many challenges, such as knowing how and when to eat, living your life so you can avoid complications, and getting the support you want from family and friends.

Help manage these challenges by taking a *Better Choices, Better Health[®]—Diabetes* workshop. You'll benefit from the support of others who know what you are going through.

Developed and tested at Stanford University, the workshop can help you:

- Understand how to eat with diabetes while still making it enjoyable
- Monitor and manage your blood sugar
- Start or maintain a regular exercise program
- Communicate better with family, friends, and your medical team
- Design your own self-management program

Who can participate?

Anyone 18 years or older with type 2 diabetes can register for a workshop.

This workshop is offered as part of research study conducted by Stanford University. If you are an Anthem Blue Cross Blue Shield member you will be asked if you would like to be part of the research study.

OASIS is enrolling participants into the study to determine the effectiveness of diabetes self-management workshops. The study is funded by the National Council on Aging. Not all participants in the workshop will qualify for the study, but may take the workshop anyway.



"This workshop helped me understand why I was tired all the time. I have changed how often I eat and improved my sleep habits, and I feel more energized. I have met others who share my concerns and now know that I am not alone. Thank you for this opportunity!"

Clarice Lumpkins

Workshop Information

Our workshops provide a safe, supportive group of 16 people with diabetes who want to share and solve problems together.

The program starts with an orientation followed by meetings once a week for six weeks at the same day and time.

2014 class schedule on reverse side

For more information or to register, call toll free 1-855-805-6168

Visit oasisnet.org/diabetes

2014 Class Schedule

Tesson Ferry Library

Orientation: Wednesday, January 8, 4-5 pm

Workshop: Wednesdays, January 15-February 19, 4-6:30 pm

Alton Memorial Hospital

Orientation: Tuesday, February 11, 1-2 pm,

Workshop: Tuesdays, February 18-March 25, 1-3:30 pm

Crown Center for Senior Living

Orientation: Tuesday, February 18, 1-2 pm

Workshop: Tuesdays, February 25-April 1, 1-3:30 pm

Kirkwood Community Center

Orientation: Wednesday, February 19, 9:30-10:30 am

Workshop: Wednesdays, February 26-April 2, 9:30 am-12 pm

Center of Clayton

Orientation: Wednesday, February 26, 10-11 am

Workshop: Wednesdays, March 5-April 8, 10 am-12:30 pm

Natural Bridge Library

Orientation: Monday, March 3, 1-2 pm

Workshop: Mondays, March 10-April 14, 1-3:30 pm

St. Vincent's Community Center

Orientation: Wednesday, March 12, 9:30-10:30 am

Workshop: Wednesdays, March 19-April 23, 9:30 am-12 pm

Jewish Community Center

Orientation: Thursday, March 13, 1-2 pm

Workshop: Thursdays, March 20- May 1, 1-3:30 pm

McCormack Baron-Cadet

Orientation: Friday, March 14, 9:30-10:30 am

Workshop: Fridays, March 21-April 25 9:30 am-12 pm

Kirkwood Community Center

Orientation: Thursday, April 3, 1-2 pm

Workshop: Thursdays, April 10-May 15, 1-3:30 pm



Diabetes workshop at the Natural Bridge Library



"After retiring, I looked for opportunities to engage with people and utilize the skill set I've acquired. The "Better Choices, Better Health" program was an excellent choice for me. I've truly enjoyed facilitating the classes. The sessions have made me even more aware of the importance of diet and exercise to manage diabetes."

*Robert Kremer
Facilitator*

Want more class options?

Call 1-855-805-6168 for the latest schedule or visit oasisnet.org/diabetes

No time to meet in person?

Join an online workshop at: diabetes.selfmanage.org