



Join a Diabetes Support Program

Live healthier. Feel better.

Want support to better manage your diabetes? Join a **Better Choices, Better Health** program, where you'll:

- Work in a group led by trained peer leaders.
- Join in discussions about how to manage your diabetes.
- Discover tips for exercise, relaxation, healthy eating, medication management and more.
- Learn how to work more effectively with healthcare providers.
- Gain motivation to know you can take control of your diabetes.

Find a **Better Choices, Better Health** program near you:

