

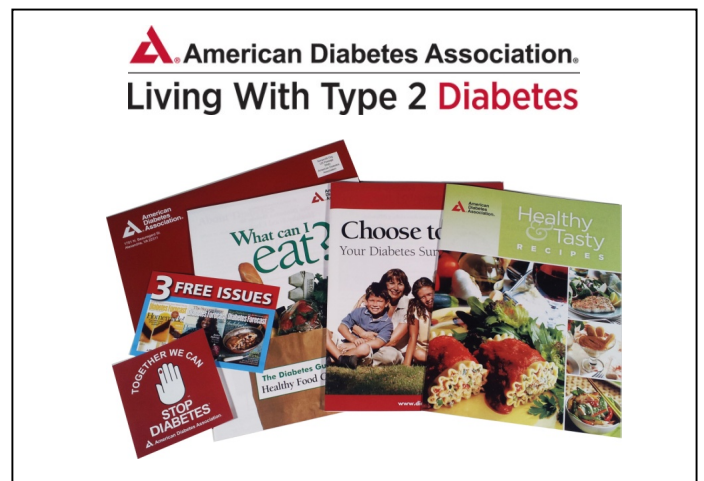
## Recently Diagnosed with Type 2 Diabetes?

Fear, anger, guilt, disbelief and feeling overwhelmed. These are a few of the many different emotions people feel when diagnosed with type 2 diabetes. Often, getting the information you need to learn how to live with diabetes can help you feel better - not just physically, but about having diabetes. Let the American Diabetes Association help you.

### Join the **FREE *Living With Type 2 Diabetes*** program

This year-long program can help you learn how to live well with diabetes. The program includes:

- Five mailed or emailed information packets on topics such as food, stress, and physical activity.
- Monthly e-newsletters that offer practical tips, new recipes, and stories from others living with diabetes.
- Opportunities to find support online or in your local community.



*Living With Type 2 Diabetes* is available in English or Spanish

### Here's how you can get started. Choose one of the following:

- Visit [diabetes.org/diabetesprogram](http://diabetes.org/diabetesprogram) , or
- Call 1-800-DIABETES (342-2383)

© 2000-2010 The StayWell Company, 780 Township Line Road, Yardley, PA 19067. All rights reserved. This information is not intended as a substitute for professional medical care. Always follow your healthcare professional's instructions.

**This information has been modified by your health care provider with permission from the publisher**