

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

American Diabetes Association.
Living With Type 2 Diabetes



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

- Six 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.

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

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