Diabetes Self-Management Program

Live Healthier with Diabetes
Feel better, be in control, and enjoy life!

For more than 30 years, the Steps to Healthier Living™ Chronic Disease Self-Management Programs from Stanford Patient Education Research Center have been proven to help people with chronic health problems live healthier.

Health professionals both at Stanford and in the community have reviewed all materials in the workshop.

Get involved!
- Refer a participant
- Join a workshop as a participant
- Become a Peer Leader
- Host a workshop
- Become a partner
- Help promote workshops
- Donate healthy snacks to workshops

Program Details
- For adults with type 2 diabetes, age 60 or older, and adults with disabilities, 18 and older.
- A supportive, engaging workshop series, held once a week in 2 ½ hour sessions for six weeks.
- Held in community locations, such as churches, libraries, community centers, and healthcare settings, that are convenient and accessible to older adults and those with disabilities.
- Led by two trained lay leaders, one or both of whom have diabetes.

For more information, call toll-free 1-(855) 394-2844 or visit www.pacli.org