Managing your type 2 diabetes is a journey, but not one you have to take alone.

That’s the philosophy behind the diabetes Conversation Map® education program from Healthy Interactions. Our small-group sessions connect you with people on the same journey, managing their diabetes, and will give you the knowledge, tools and support you need to make the healthy lifestyle choices that can lead to better health.

What is a Conversation Map® Program?

Our diabetes Conversation Map education program has been utilized around the world to help millions of people, just like you, get on the road to healthier lives. Studies show that people who participate in our program are more engaged in making healthy lifestyle choices that help them lower their A1C levels.

That’s because the Conversation Map program is designed around making the journey together. In our group sessions, you learn with and from one another, while a trained diabetes educator guides you along the way.

So hop in and join the ride
What can you expect when you sign up for the diabetes program?

Eight one-hour sessions over eight weeks. Classes are conveniently held each week from 5:15PM-6:15PM in Centennial Hall, Room 204 (300 W. 12th Street, Rolla, MO).

Session Topics:

- **Week 1**: Your Journey with Diabetes  
  - January 28
- **Week 2**: Understanding the Basics of Diabetes  
  - February 4
- **Week 3**: The Basics of Monitoring Your Blood Glucose  
  - February 11
- **Week 4**: Healthy Eating and Diabetes  
  - February 18
- **Week 5**: Using Your Numbers and Managing Your Blood Glucose  
  - February 25
- **Week 6**: Healthy Eating Strategies for Diabetes  
  - March 3
- **Week 7**: Managing Diabetes Long-Term  
  - March 10
- **Week 8**: Continuing Your Journey with Diabetes  
  - March 17

What are you waiting for?

Start the journey by signing up for our next Conversation Map® group program for people with type 2 diabetes.

Go to: healthyinteractions.com/universityofmissouri

**SIGN UP TODAY**

and earn 100 Wellness Points for participating!

Have additional questions about signing up? Email us at contact@healthyinteractions.com

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