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.
What can you expect when you sign up for the diabetes program?

Eight one-hour sessions over eight weeks.

Session Topics:

- **Week 1**: Your Journey with Diabetes
- **Week 2**: Understanding the Basics of Diabetes
- **Week 3**: The Basics of Monitoring Your Blood Glucose
- **Week 4**: Healthy Eating and Diabetes
- **Week 5**: Using Your Numbers and Managing Your Blood Glucose
- **Week 6**: Healthy Eating Strategies for Diabetes
- **Week 7**: Managing Diabetes Long-Term
- **Week 8**: Continuing Your Journey with Diabetes

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