

# MINDFUL EATING FOR DIABETES

Have you been diagnosed with prediabetes or diabetes?

Does managing your condition feel like an endless diet instead of a flexible, enjoyable, healthy lifestyle?

We get it. A diagnosis of prediabetes or diabetes can feel like a life sentence. It is natural to feel overwhelmed with everything you need to do to manage your condition. Here's great news! Am I Hungry? Mindful Eating for Prediabetes and Diabetes shifts the focus from rigid nutrition rules and strict exercise regimens to learning how to become the expert in YOU!



**You'll learn a whole new way to manage diabetes for life, including how to:**

- Eat what you love without guilt or fear of losing control.
- Decrease your anxiety about diabetes self-management.
- Discover simple yet powerful methods for knowing what to eat without restrictive rules.
- Understand how eating and physical activity affect your blood sugar.
- Embrace blood-sugar monitoring with an attitude of curiosity instead of fear.

These classes will guide you through a step-by-step process for understanding how to listen to and understand your "inner expert" and put you in charge of your eating and self-care decisions.

## WHAT PARTICIPANTS SAY ABOUT THESE CLASSES:

- "I think about food and eating completely different now."
- "This program is so freeing."
- "I actually want to test my blood sugar now."
- "I enjoy eating more than I ever have."

## ALSO RECOMMENDED BY DIABETES PROFESSIONALS:

- "Am I Hungry? Mindful Eating for Diabetes is a unique, positive program that just feels right!" – Becky Andrews, MS, RDN, CDE
- "It will change your life!" – Peggy Marchini, RDN, CDE
- "Am I Hungry? Mindful Eating for Diabetes is SO positive! You'll feel happy to be a part of mindful diabetes management." – Susan Clifford, RN, CDE



Please visit [www.amihungry.com/arizona](http://www.amihungry.com/arizona) for details and registration!