



Lebanon Man Treats Diabetes with 5K Runs

Chris Campbell has dealt with headaches his whole life, but when he went to the doctor, he was surprised to come away with a diagnosis of type 2 diabetes.

Chris decided to make major changes in his life and is now on a journey he never imagined for himself.

[Read his story.](#)



"I look at it this way – I could eat junk food, lose a foot, go blind and possibly die. Or I could make healthy choices and live longer. And I like this whole living thing."

– Chris Campbell



Get the Most Out of Your Doctor Visit

By Sarah Swarts, MD

A doctor's appointment can be a stressful experience, especially if you have concerns about your health. Dr. Swarts offers tips on how to take the stress out of your visit and come away with the information you need to better manage your health.

[Learn more](#)



How Can a Support Group Help?

By Donna Keen, RN, CDE

Living with diabetes can be challenging. A diabetes support group can help make climbing that mountain of obstacles a lot easier. Certified Diabetes Educator Donna Keen shares "what's in it for you" when you join a support group.

[Get connected](#)



Get on the Path to Better Health

Do you need help managing your diabetes? Come see us at the annual Diabetes Day and get the motivation you need to help stay on track.

Diabetes Day Highlights

- Hear success stories from patients with diabetes
- Learn about medications and new treatments
- Talk to diabetes educators
- Hear about the future of diabetes management
- Enjoy healthy snacks and fun door prizes
- Save the date: Sat., April 14

[Register today](#)

Diabetes-Friendly Recipe Mexican Pan Quinoa

Who doesn't like a one-pan entrée? Turn to this recipe for a quick, go-to, plant-based meal that you can throw together at a moment's notice with foods you already have in the pantry. Try pairing with a green salad or veggies for a complete meal.

[Get three new recipes](#)



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