



Understand What It Means to Live Well with Diabetes

Diabetes has many faces and each person has a different story to tell about their experience with diabetes. While these three Lebanon patients have each found a variety of strategies helpful, they share one thing in common: All are working hard to manage their condition and minimize the impact it has on their lives.

[Learn What Works for Them](#)



“The silver lining is the diet information has not only helped me to eat healthier, but my three children are now making healthier diet choices.”

—Stephanie Villa



Got a Referral? Take the Next Step

By Angie Frederic, RD, CDE

If your primary care provider has given you the name of a diabetes educator or a referral for diabetes education, take advantage of those benefits and make that call. You'll be one step closer to effectively managing your diabetes.

[Take the Initiative](#)



Don't Take the Winter Off From Exercise

By Heidi Womack, RN

Does the gray, wet weather make you feel like staying inside and relaxing on the couch? It can be a challenge to stay active in the colder months, but it's just as important to keep moving no matter the season or weather.

[Stay Motivated](#)



Self-Care Is Good Medicine

By Angie Frederic, RD, CDE & Heidi Womack, RN

Taking time for yourself can have many positive mental and physical benefits including better sleep, lowering blood sugars and alleviating the feelings of anxiousness and depression that can accompany diabetes. Learn how you can sustain a self-care plan.

[Make Yourself a Priority](#)

Colorful & Tasty Pepper Bean Salad

This hearty bean salad offers all three plate method essentials (protein, starch/grain and veggies), as well as all nine essential amino acids. Beans are a great source of plant-based protein with the added benefit of regulating blood sugars. Sure to fill you up, this dish comes together easily and keeps well for up to a week in the fridge.



[Try the Recipe](#)

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