



November is Diabetes Awareness Month!

### **Become a Diabetes Consumer Action Group leader**

Health Plan of the Redwoods is partnering with the California Diabetes Control Program to launch peer-to-peer diabetes education and counseling in Sonoma, Marin and Mendocino County communities. If you are doing well with your diabetes and have a desire to help others with diabetes live active, productive lives, you are encouraged to join this effort and become a volunteer Consumer Action Group leader. You will receive eight hours of free training on ways to give effective educational presentations to small groups of people like yourself who have diabetes. The first training will take place in January 2002. If you would like to become a Consumer Action Group leader, call HPR at 525-4278.

### **Online diabetes self-management course**

Now you can complete the *Living with Diabetes Wellness Series* course online. This popular course offered by the Northern California Center for Well-Being (NCCWB) in Santa Rosa can now be accessed here. [INSERT LINK: <http://www.norcalwellbeing.org/diabetesonline/>] The 10-module diabetes self-management course includes text, photos, diagrams, videos, and interactive “fill in the blank” forms. Diabetes educators are available to answer questions. You can also participate in a weekly online chat group. Members who have completed the diabetes series can attend a free, monthly support group at the NCCWB. To find out more about their diabetic education and their many other health education programs, call the Center at 707-575-6043 or visit their website. [INSERT LINK: <http://www.norcalwellbeing.org/>]

### **New diabetes support group**

The Diabetes Society of Sonoma County is launching a new Type 1 Diabetes Support Group. The Society invites you and a guest to attend and find out what’s going on in diabetes, meet others with Type 1 diabetes, and share your experiences and knowledge. Meetings will be held the first Wednesday of the month, 7:30 to 9 p.m., at 2777 Cleveland Avenue, Suite 101, in Santa Rosa. The Diabetes Society also features fun support and activity groups for children and teens, as well as Type 2 diabetes adult support groups. To find out more about these support groups and community educational programs, call the Diabetes Society at 707-578-0887.