Health Education Opportunities
For information and a complete list of times and locations, please call (916) 734-0718 or visit our website at livinghealthy.ucdavis.edu.
Most sessions free.

Interested in Learning more about Diabetes?
Available at livinghealthy.ucdavis.edu

Preventing Diabetes Living Healthy
Learn strategies to delay or prevent pre-diabetes or diabetes

Let’s Get Started
Overview of diabetes basics and self-management strategies

Strategies for Control
Learn the effects of daily choices on blood sugar and how to improve control

Dining with Diabetes: The Basics
Class offering overview of basic diabetes nutrition

Dining with Diabetes: Advanced
Practice carbohydrate management and meal planning (Prerequisite: Dining with Diabetes: Basics or In Charge & In Control)

In Charge & In Control
Multi-session class discussing all aspects of diabetes (9+ hours)

Diabetes Recharge Workshop
Workshop providing updates on diabetes with emphasis on designing and reenergizing health goals

Want Information about Heart Health?
Available at livinghealthy.ucdavis.edu

Do More with Heart Failure
Interactive class with a registered nurse, dietitian, and pharmacist to assist with daily management of heart failure

Keep the Beat: Strategies for a Healthy Heart
Learn how to keep a healthy heart through lifestyle changes

Ready to Quit Smoking?
Available at livinghealthy.ucdavis.edu

Strategies to Quit Tobacco
Workshop providing tools to help stop tobacco use

SToP: Stop Tobacco Program
Multi-session program to help you successfully quit tobacco use

Other Learning Opportunities

On Demand e-Learning
Learn about various health conditions in your own time and at your own pace. Many topics available on livinghealthy.ucdavis.edu

Honor Yourself: Advance Care Planning & More
Interactive class to ensure your health and personal care wishes are documented

Living Healthy with Chronic Pain
Class designed to enhance self-management skills and improve quality of life for those struggling with chronic pain

8 Weeks to a Healthier You
Multi-session series to help those with chronic health conditions overcome barriers and achieve effective and healthy self-care skills

Stress Management
Workshop focusing on innovative approaches to managing stress

Easy Breathing
Learn about new treatments and self-care for asthma and COPD

Achieving a Healthy Weight
Overview of healthy weight loss strategies for a non-diet approach

Living Light Living Well®
Multi-phase weight management and lifestyle program

Reduce Stress this Season
by Judy M. Hoppezel, Health Educator

The holiday season has started for many. With all the events comes pleasure, but may also become a stressful time for many. Keep in mind, reducing stress is very important for controlling blood sugar and having good health. Utilize some different techniques to help de-stress and make you feel better during the holiday season.

Try some of these:

♦ Deep Breathing - just a few minutes of deep breathing can help bring down heart rate, blood pressure, and allow muscle relaxation.

♦ Positive Affirmations - repeating positive phrases like, “I can do this” or “I am in control,” can prevent or reduce stress.

♦ Visual Imagery - visualizing your “happy place” or a happy thought is a simple technique that can ease away stress.

♦ Meditation - numerous studies support that meditation allows the mind and body to calm and bring inner peace. This benefits both your emotional well-being and your overall health.

Find what is most helpful and start practicing regularly to become comfortable. The more you practice, the easier the technique will become.

Tips to Avoid Colds and Flu
By Stephanie Silk

Wash your hands
Wash your hands for at least 20 seconds with soap and water. Running water over your hands will dilute any germs and send them down the drain.

Get Rest
Getting 8-10 hours of sleep a night is recommended. A well-rested body can fight off germs or viruses better.

Get your flu shot
According to Center for Disease Control, you should get your flu shot sooner than later, if possible by October.

Eat Healthy
Eat more fruits and vegetables to support your immune system, especially those in season. They are cheaper in price and full of nutrients during that seasonal period.

Be active
Working out regularly and staying hydrated enhances immune function.

Stay away
Keep distance from people displaying symptoms like sneezing and coughing.

The Best Light Pumpkin Pie
From the UC Davis Preventive Cardiology Holiday Cookbook

Serves: 8

• 1 cup ginger snaps (about 16 cookies)
• 15 oz. cooked, pureed pumpkin (may use canned)
• 1/2 cup egg whites (about 4)

Directions:
Preheat oven to 350˚
Grind the cookies in a food processor. Lightly spray a 9” glass pie pan with vegetable cooking spray. Pat the cookie crumbs into the pan evenly. Mix the rest of the ingredients in a medium sized bowl. Pour into the crust and bake until knife inserted in center comes out clean, about 45 minutes. Allow to cool and slice into 8 wedges. Store leftovers in the refrigerator.

Nutrition Information per serving:
171 calories, 7 grams protein, 33 g carbohydrate, 3 grams fiber, 2 grams total fat, <1 gram saturated fat, 2 mg cholesterol

* Fee Applies