Healthy Bytes

Health Management and Education Quarterly Newsletter
Our goal is to provide you with the latest news in the world of diabetes and tips for better managing diabetes, and information about health classes.

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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?
- 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?
- 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?
  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

Stepping On – a free 7-week workshop to learn how to reduce your risk for falling
Stepping On is a community program that has been proven to reduce falls in older adults. It consists of a workshop that meets for two hours a week for seven weeks. Workshops are facilitated by a trained health professional, and a peer leader—someone who, just like you, is concerned about falls. Guest experts provide information on exercise, vision, safety, and medications.
Stepping On is designed specifically for anyone who:
- Is 65 years old or older
- Has fallen or is at risk for falls
- Lives at home
- Does not have dementia
- Can walk independently (may use cane)
Registration required. Please call (916) 734-9794 for more information.

Get Back to Nature and Feed Your Soul
By Camille Martin, LCSW
Spring is in the air. With longer sunlight hours, it is the perfect time to get out and enjoy nature. Flowers are blooming, and trees are sprouting new leaves. We too can take this season to grow our spirit, and to nurture ourselves. One of the challenges in taking time to “smell the flowers” can be our busy schedules, pain or physical limitations. However, we can reduce stress and enhance wellbeing with simple activities. There is no right or wrong way to relax in nature.

The key is to slow down, and do what feels right to you. Here are some strategies to help relax and enjoy nature:
- Take a walk in the park, sit on a bench or stroll along the river
- Shut your eyes and focus on the sounds around you, such as chirping birds or the wind in the leaves
- Go to a quiet place and write a list of all the things going right in your life at this moment in time
- Take time to watch the sunset or to gaze at the stars
- Breath in deeply and imagine your breath to be healing, breath out and imagine stress leaving your body
- Focus on all of your senses. What do you smell, hear, feel, see and taste?

Turkey and Avocado Wrap
Tired of the same boring lunch – try this quick and delicious wrap. When making a wrap, try adding lots of different textures, as done here for maximum flavor and satisfaction.

Ingredients:
- 12 ounces low-sodium, deli style turkey breast
- 4 teaspoons sunflower seeds
- 1 cup shredded lettuce
- 2 tablespoons plain fat-free Greek yogurt
- 4 large low-carb tortillas

Instructions: Makes: 4 wraps
1. In a small bowl, mix together avocado and Greek yogurt.
2. Spread avocado mixture evenly onto 4 tortillas.
3. Top each tortilla with 3 ounces turkey, 1 teaspoon sunflower seeds, 2 slices tomato and ¼ cup lettuce.
4. Roll each tightly. Refrigerate until serving.

Serving Size: 1 wrap
Calories 245, Carbohydrate 24 g, Fiber 14 g, Protein 32 g, Fat 8 g
(Saturated Fat 1 g), Sodium 385 mg, Cholesterol 385 mg, Potassium 510 mg


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