**Health Education Opportunities**

Classes are offered at various times and locations and include nights and weekends. Classes are free with the exception of Living Light Living Well*. For a complete list of times and locations, please call (916) 734-0718 or visit our website at livinghealthy.ucdavis.edu.

### Interested in Learning more about Diabetes?

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

- **Diabetes Street Smarts**
  - Interactive live web-based discussion about diabetes self-care basics

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

- **Meters & Monitoring Workshop**
  - Workshop focusing on tools & techniques for blood sugar monitoring

- **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

- **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

### 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

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### Health Management and Education Quarterly Newsletter

- **Our goal is to provide you with the latest news in the world of diabetes, tips for better managing diabetes, and information about health classes.**

- **Inside this issue:**
  - Health Education Opportunities
  - Diabetes and Heart Health
  - New Stress Management Class

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### Today’s Focus: What is the connection between diabetes, heart disease, and stroke?

If you have diabetes, you are at least twice as likely as someone who does not have diabetes to have heart disease or a stroke. People with diabetes also develop heart disease or have strokes at an earlier age than other people. If you are middle-aged and have type 2 diabetes, some studies suggest that your chance of having a heart attack is as high as someone without diabetes who has already had one heart attack. High blood glucose levels also can damage the heart muscle directly and can cause a heart failure over time.

You can lower your risk of having heart disease or a stroke by making lifestyle changes and taking your medications as ordered. Examples of lifestyle changes include regularly exercising, eating a healthy low-fat, low sodium diet, managing stress, maintaining a healthy weight, and not smoking.

Health Management and Education offers classes focusing on heart health. Contact us for more information.

### New Class! Stress Management

The 2 hour workshop includes a discussion of the causes and effects of stress, as well as practice in calming breathing exercises, mind-quieting meditation techniques, and gentle body movements and stretches that help reduce stress. First class is on August 12, 9-11 am at the Ellison Building in Sacramento. Call for more dates.

### New MyChart Feature — Ask the Educator

You can now find diabetes educational resources in MyChart. Look in your left navigation menu for Health Education/Diabetes Education. If you can’t find the information you’re looking for, you will have an option to submit a question to a diabetes educator.

### Zucchini and Cheddar Frittata

Quick and easy dish for breakfast or a light dinner.

#### Ingredients
- 1 cup refrigerated egg product or 4 eggs
- 1/2 cup finely shredded reduced-fat cheddar cheese
- 2 Tbsp fresh flat-leaf parsley
- 1/4 tsp black pepper
- 1/8 tsp salt
- 2 tsp olive oil
- 12 ounces zucchini, halved lengthwise and sliced
- 4 green onions, sliced
- 3/4 cup finely diced onion

#### Directions
1. Preheat oven to 450 degrees F. In a medium bowl, whisk together eggs, cheese, half of the parsley, the pepper, and, salt. Set aside.
2. In a 9- to 10-inch ovenproof skillet, heat olive oil over medium-high heat. Add zucchini and green onions; cook 5 to 8 minutes until tender, stirring frequently.
3. Pour the egg mixture over the vegetables. Reduce heat to medium.
4. As mixture sets, run a spatula around the edge of the skillet, lifting until tender, stirring frequently.
5. Pour the egg mixture over the vegetables. Reduce heat to medium. Stir until the egg mixture begins to set. Add another heartbeat.
6. Sprinkle cheese and remaining parsley over the frittata. Bake until the cheese is melted and the frittata is firm, about 15 minutes.

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* Fee Applies