Health Education Opportunities

**Interested in Learning more about Diabetes?**
- **Preventing Diabetes Living Healthy**
  Learn strategies to delay or prevent pre-diabetes or diabetes
- **Diabetes In Charge & In Control: Getting Started**
  Learn concepts on how to better manage diabetes
- **Diabetes In Charge & In Control: Tips and Tools**
  Learn the effects of daily choices on blood sugar and how to improve control
- **Diabetes In Charge & In Control: Basic Nutrition**
  Class provides basic nutrition for diabetes
- **Diabetes In Charge & In Control: Advanced Nutrition**
  Practice carbohydrate management and meal planning (Prerequisite: Diabetes In Charge & In Control: Basic Nutrition)
- **Diabetes In Charge & In Control: Reducing Risks**
  In-depth discussion of diabetes medications, complications, and standards of diabetes care
- **Diabetes In Charge & In Control: Recharge Workshop**
  Workshop providing updates on diabetes with emphasis on designing and reenergizing health goals

**Benefits of Walking & Places to Walk this Spring**

Let’s Get Moving!

By Judy Hoppezak, Health Educator

Research shows that regular, brisk walking can start the health benefits of lowering blood sugar, managing type 2 diabetes, lowering LDL cholesterol, raising HDL cholesterol, lowering blood pressure, managing your weight, improving your mood, and staying strong and fit.

Here are some suggestions of where to go for a spring walk and take a little nature in at the same time:

**American River Bike Trail** (aka Jedediah Smith Memorial Trail): A spectacular scenic 32-mile trail runs from downtown Sacramento to Folsom, offering walkers a way to get away from it all without leaving town. Download map at: http://www.regionalparks.saccounty.net/Parks/Pages/jedediahsmith.aspx

**UC Davis Arboretum** (at the south edge of the campus, Davis): With a 3 1/2-mile pedestrian path, this gorgeous arboretum offers water views (it runs along the banks of the north fork of Putah Creek), birds, plants, gardens, and trees galore, including a redwood grove. Directions and parking options visit: arboretum.ucdavis.edu.

**William Land Park** (Suttersville Rd. at Freeport Blvd., Sacramento): Home to the Sacramento Zoo and Fairytale Town, a golf course, a pond and tons of trees, this local landmark is a fab place to walk. A loop around the park is just less than 2 miles.

**Elk Grove Regional Park** (Elk Grove-Florin Road at East Stockton Blvd., Elk Grove): This 1 1/2 mile park captures the beauty of the oaks and a lake. To delve a bit deeper into nature, try Elk Grove’s 1 1/4-mile Laguna Creek Parkway trail. For information and map visit: http://www.regionalparks.saccounty.net/Parks/RegionalParksDetails/Pages/ElkGroveRegionalParks.aspx

**Auburn State Recreation Area** (south of Interstate 80, stretching from Auburn to Colfax. Main access is from Auburn, either on Highway 49 or the Auburn-Foresthill Road): Over 100 miles of hiking through the steep American River canyons and along the North and Middle Forks of the American River. The most famous trail is the Western States Train, which runs 100 miles from Lake Tahoe to Auburn, with over 20 miles in the park. A map showing the trails is available from the park office. For information visit: http://www.parks.ca.gov/?page_id=502

Trail Mix Balls — 15 Servings

**Ingredients**
- 1/3 cup honey
- 2 tbsp. water
- 1/3 cup peanut butter
- 1/2 teaspoon vanilla
- 1/4 cup lightly salted peanuts
- 1 tsp. sesame seeds
- 3/4 cup crisp rice cereal
- 3/4 cup rolled oats, toasted
- 1/3 cup dried fruit bits
- 1/4 cup sunflower seed kernels
- 1/4 cup unsweetened large flake coconut

**Directions**
1. In small saucepan, combine honey & water. Cook & stir over low heat until honey liquefies. Remove from heat. Add peanut butter & vanilla. Whisk until peanut butter melts and mixture is smooth.
2. In large bowl, combine rice cereal, toasted rolled oats, fruit bits, sunflower seed kernels, peanuts, coconut, and sesame seeds. Pour honey mixture over cereal mixture; stir to coat. Cover and chill for 1 to 2 hrs. or until firm.
3. Using damp hands, shape mixture into 30 balls, each about 1 1/8 in. in diameter. Chill balls until ready to serve. Store in tightly covered container in refrigerator for up to 1 week.

**Let’s Get Moving!**

This 1-hour 15-minutes movement class provides a warm-up along with multiple standing and/or seated exercises. Perfect for anyone who wants to move more.

**Other Learning Opportunities**

- **Diabetes In Charge & In Control: Getting Started**
  - Overview of healthy weight loss strategies for a non-diet approach
  - Overcome barriers and achieve effective and healthy self-care skills
- **Diabetes In Charge & In Control: Recharge Workshop**
  - Workshop providing updates on diabetes with emphasis on designing and reenergizing health goals
- **Diabetes In Charge & In Control: Basic Nutrition**
  - Practice carbohydrate management and meal planning (Prerequisite: Diabetes In Charge & In Control: Basic Nutrition)
- **Diabetes In Charge & In Control: Advanced Nutrition**
  - In-depth discussion of diabetes medications, complications, and standards of diabetes care
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- **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
- **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
    - Let’s Get Moving
      - Engage in an easy to moderate physical activity class for beginners
    - Honoring Your Healthcare Decisions
      - 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
    - On Demand e-Learning
      - Learn about various health conditions in your own time and at your own pace. Several topics available on livinghealthy.ucdavis.edu

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.