

AADE Model

American Association of Diabetes Educators

and our Classes at the Wellness Retreats for Women with Diabetes

Healthy Coping

Energy balancing techniques
Meditation for stress management
Mindfulness Practices
Diabetes Attitude
Creating attainable goals and Intentions

Being Active

Tai Chi
Qi Gong
Yoga
Creative movement
Nature Walks
Labyrinth Meditation Walks

Healthy Eating

Balanced vegetarian meals (PHF serves organic lacto-ovo, and vegan meals)
Simply Eat Real Foods
What are probiotics and how can they help diabetes
Resistant starches are ok!
Healthy snacks
Food combining tips
Are you allergic to what you eat?

Monitoring

Know your BGs before, during and after activities of daily living
Developing diabetes body awareness/diabetes consciousness
Technology
Know, think, and act like a pancreas

Problem Solving

Practical diabetes self management in the everyday world

Always be prepared to Live Life to the Fullest no matter what happens

Super Sweats - Is it a hot flash or hypoglycemia?

Advanced Duration

Diabetes? What's What!

Does my wellness intention address my supports and goals

Taking Medication

Why do I need to take this or that?

Every living person is insulin dependent, but not everyone has diabetes

Harmonious hormone replacement therapy

Reducing Risks

Understanding the endocrine system

Understanding your metabolism

Staying on top of diabetes health challenges

Using CAM (Complementary and Alternative Modalities) to stay healthy

Morning stretches for balance and flexibility