



SESSION 1: GETTING STARTED

Session 1 introduces the various elements of the MonjWell In-Power program, which is designed to give you all the tools you need for successful diabetes management. This includes your Action Plan and app, as well as a diabetes basics review, and the importance of your support network.

NOTES FROM SESSION

Any ah-ha moments? Jot down some of the key ideas you want to remember.

IDEAS I'D LIKE TO TRY

Were there any strategies that sound interesting?





SESSION 2: BODY TUNE UP

Session 2 goes over how feelings come into play around a diabetes diagnosis, and introduces the tools in your diabetes toolbox. It also includes strategies for reducing your risk of diabetes-related complications, as well as info about how monitoring your blood sugar can be super helpful.

NOTES FROM SESSION

Any ah-ha moments? Jot down some of the key ideas you want to remember.

IDEAS I'D LIKE TO TRY

Were there any strategies that sound interesting?

