



SESSION 9: KEEP IT UP

Nice job! You've made it to the end of your diabetes management course. Now, all you need to do is keep it up. Session 9 provides some helpful tips for weight loss, as well as strategies for developing empowering beliefs.

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?

