

The Wellness Retreat for Women with Diabetes

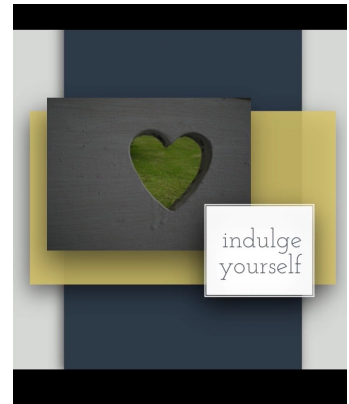
Our Retreat Model

Our Retreats are unique. All of our presenters and facilitators have diabetes. We are deeply aware of the specific challenges that women with diabetes face each and every day. We have some special tricks and techniques up our lacy sleeves.

After our first retreat in 2014, the presenters rapidly recognized a theme in the classes, experiences and feedback from the participants. On the spot, we identified an acronym that embraces the soul of Diabetes Self-Care. We called it Diabetes Self-DARE or DARE to Self-Care. Diabetes Self-DARE stands for *Discovery, Awareness, Respect and Empowerment*. This equation actualizes our overall well-being and ability to take back our health in the most self-loving and self-responsible way possible. Each woman develops her own equation from the vast palette of possibilities and offerings at the retreats.

It is a loving challenge to each and every woman with diabetes (no matter her age, ethnicity, or culture) to dare herself to discover what it really means to take care of herself on a daily basis while living with this manageable and often daunting condition.

What does it mean to be a woman with diabetes? While we manage the needs of our families and contribute in the home or workplace, we also have to juggle the complex demands of a serious medical condition. Often we place caring for our diabetes lower on our list of personal priorities. We are told and reminded by health care practitioners that our life styles truly matter to our abilities to self-manage diabetes. Yet, it is so very difficult to make the changes necessary for good diabetes self-care.



We have now adapted the on-site retreats to serve a greater audience through a virtual retreat approach. As we expand this idea, we hope to add live-streaming events from ongoing on-site retreats and recorded webinars. We are fitting our dynamic group experiences into a distant format and we are dedicated to helping all attendees feel as “as if you were really there!”

There are many ways to take in new information. Our retreat classes are structured for many different kinds of learning styles. **Experiential:** attendees listen to a short presentation and work on a handout together or perform an activity. **Introspective:** attendees learn a meditative or contemplative practice. **Lecture Presentation:** didactic with a question/answer period. **Hands-On Expressive Art:** immersive experience in creative expression. **Interactive:** The presenter adapts the content of the information session based directly on the needs of the attendees.

Our retreat model incorporates evidenced-based mind-body therapies that are shown to benefit people with diabetes. These practices are included in Complementary and Alternative Medicine (CAM) research studies. Our presenters and program designers have been studying, teaching and practicing CAM therapies with their patients and clients for many years. We endeavor to increase the informed use of these forms of therapies by people with diabetes. Our retreats are carefully crafted to combine traditional care with an experiential learning zone in which women can explore these forms of wellness approaches.

We hope you are intrigued and willing to take us up on our DARE to Self-Care Challenge. Some of these practices may be new to you, while others you may have been wanting to explore already. We have found it’s best to have a teacher/presenter who knows the “*diabetes ropes*” and has made personal as well as professional use of these practices.

Please join us! Choose a Self-DARE from the ideas on this page and let us know how it’s working for you. Challenged? Email janet@diabetesretreats.org and I will forward your questions to one of our presenters. We may just run Questions/Answers webinar and address your concerns!