

# Managing Stress and Diabetes

If you are 18 or older and suffer from Type 2 Diabetes Mellitus, you may be eligible to participate in a research study.

## Improving Type 2 Diabetes Mellitus Patient Outcomes with Mindfulness-Based Stress Reduction (MBSR)

The purpose of this study is to examine the effects of Mindfulness-Based Stress Reduction (MBSR) on glycemic control in adults with Type 2 Diabetes.

MBSR is a highly respected evidence-based practice within the health care community. Developed by Dr. Jon Kabat-Zinn at the University of Massachusetts Medical School in 1979, MBSR uses relatively intensive training in mindfulness meditation at the core of a program to teach people how to take better care of themselves and live healthier and more adaptive lives.

Participants will receive:

- Free 8-week MBSR course, including all of the course related materials
- \$30 for weekly travel to and from the class on the Pace Pleasantville Campus
- Healthy Snacks
- Yoga Mat
- Continuous Blood Glucose Monitor

### Location & Time

- Pace University, Pleasantville (Westchester) campus  
861 Bedford Road, Pleasantville, NY
- Weekly classes Tuesdays April 14 – June 9 (6:30-9 pm);  
All-day Retreat Saturday May 30 (10 am – 5 pm)

### Are you eligible?

- Adult 18 years and older with Type 2 Diabetes
- Recent blood test with A1C > 9
- Willing to commit to participate in 8-week MBSR course at Pace University, Pleasantville campus
- Wear Continuous Blood Glucose Monitor during 8 weeks of the MBSR course



**If you have any questions or to enroll, please call or email:**

Lucille Ferrara, EdD, FNP, RN  
Lead Researcher, Professor,  
and Nurse Practitioner  
Pace University  
914-773-3137  
[diabetesMBSR@pace.edu](mailto:diabetesMBSR@pace.edu)

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