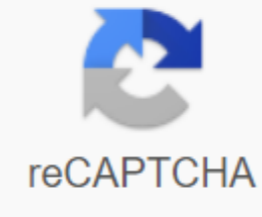




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## How to install the community patch for borderlands 2

A share on PinterestIllustration by Brittany EnglandT2D Healthline is a free app for people living with type 2 diabetes. The app is available in AppStore and Google Play. Download here. Many people turn to the Internet to help find resources to manage their type 2 diabetes. In fact, studies show that people whose doctors use online interventions for type 2 diabetes have a lower incidence of complications and improved quality of life. If you are interacting with your doctor online or in person, following their advice on how to manage your condition is crucial. But connecting with other people living with type 2 diabetes can provide invaluable support, too. According to a recent study review, diabetes online communities enhance members' quality of life through shared experiences, social support, community building, feelings of empowerment, and improved diabetes self-government. When Mary Van Dorn was diagnosed with type 2 diabetes more than 20 years ago (aged 21), it took her a long time to take her condition seriously. I didn't have any symptoms. I was actually diagnosed when I went on a routine physical and my doctor insisted that I do blood work because it's been a long time,' she says. Van Dorn eventually took steps to manage her condition and now she is taking long-lasting insulin. She also looks at what she eats and exercises daily. However, from the beginning of her journey, she craved support from other women going through the same thing. After participating in several online support groups, where she faced criticism and backlash, Van Dorn was inspired to create her own community based on warmth, compassion and sisterhood. That's when she started the blog Sugar Mama Strong and Facebook group Just for Women. Now she also uses the free T2D Healthline app to find support. Many groups out there can be divisive, says Van Dorn. It's so cool to have a place specifically for people with type 2 to feel safe to share their experiences without worrying about how their experiences will be judged by others in the diabetic community or others outside the diabetic community. She particularly likes the app's match feature, which connects users to similar members, allowing them to message each other and even share photos. It's hard to travel this road alone, and with an app connecting us, we shouldn't be doing it, Van Doorn says.Mila Clark Buckley, who blogs about living with type 2 diabetes in Hangry Woman and is a community guide in the T2D Healthline app, can relate. When she was diagnosed at the age of 26, she felt depressed and confused, so she sought help on social media Initially, I was looking for some groups on Facebook, but what I found in those that they were actually about people checking with their blood pressure numbers and it was full of detailed questions that the doctor should really really So it doesn't always feel like the right place to discuss, says Buckley.In her role as a guide to the T2D Healthline app, Buckley helps lead daily group discussions relevant to life with type 2 diabetes. Topics include: diet and nutritionexercise and fitnesshealthcaremedications and treatment fortravelmental healthsexual pregnancies are much more than getting the opportunity to help people with diabetes just as I need in the beginning. Hopefully no one should feel lonely or confused about being diagnosed with type 2 diabetes, says Buckley.The best part about the app, she adds, is that users can be anonymous and use it at a convenient time for them. It gives people the opportunity to pick up their phones and sign up, she says. Instead of logging into a website or getting out of their way to find a community, the community is right there at your fingertips. You can download the app here. Katie Cassata is a freelance writer who specializes in stories about human health, mental health and behavior. It has the ability to write with emotion and connect with readers in a deep and interesting way. Find out more about her work here. With food prices starting to rise, people are inevitably looking for another way to feed their families. Here are 7 simple tips on how to start your own garden community. The American Community Horticultural Association website can point you to the nearest site in your area where you can pick up a shovel and join the excavation. But if there are no local gardens, you and some neighbors can start one yourself. Their website also has a detailed roadmap for the creation of a community garden. Here's a quick crib to get you going.1. Find an abandoned or empty plot in your area and determine who owns it by checking with your city hall or county government. To obtain public land will require either a permit or a lease2. Make sure the site gets at least six hours of sunlight a day and has access to water (or water can be easily transported on a lot). Plus: 10 herbs for growth3. Think about the past use of land. A former landfill may not be the best option, given the inevitable trickle-down from discarded Windex bottles and tide containers.4. Organize a meeting of the gardeners and make plans. Does the group want to grow vegetables? Fruit? Flowers? All of the above? I would even suggest kicking off the Garden Party to make it all a little more festive.5 Divvy up the plots and clearly note which section goes to which farmer. Delineize the plots with something permanent but tender, like a line tied around the stakes. Plus: 4 ways to look at the garden6. Determine who's doing what. Will you work for each of your policies? Or you will share cultivation, hoe, driving and choosing tasks way?7. Perhaps the most important thing is who gets to eat the fruits of all this Will every gardener reap what she is sowing? Or will your plots be freer for everyone? Or perhaps you'll collect a charity garden and give your vegetables away. Aside from knowing exactly where your food is coming from and getting some exercise, group gardening can also be a lot of fun, a learning experience for neighborhood kids, and even a real connection experience for your neighborhood. Also, you don't have to pay \$3 for basil on Trader Joe's! Sustainable life has certainly become a buzzword. More and more people are looking for ways to reduce their environmental footprint: driving less, eating less meat, wearing sustainable fashions. As individuals, we are increasingly aware of the impact we have on the planet and our fellow human beings. But is greening our own way of life enough? By identifying the concept of sustainable living beyond a narrow, individualistic approach, we can learn to see our interconnectedness with the environment and its inhabitants. By getting involved in our communities, by speaking to our neighbors, by supporting local groups, and by re-imagining where we live, we can green not only our own way of life, but our streets, neighborhoods, towns, cities and, ultimately, our societies. Who knows, we can even make friends do it. Reconnect To help green your community, you first have to be a part of it. Start talking to your neighbors, find out what's going on around you, and get involved. This sounds obvious, but busy days often don't include time to keep in touch with the community. Buy localNot only makes purchases locally reduce food miles, it also keeps resources circulating in the community. It's also a great way to get to know your neighbors. When was the last time you talked to the man who grew your tomatoes? Sites like the local crop in the US or the Big Shed in the UK can help you find suppliers, and farmers markets are increasing in numbers all the time. There may even be an urban farm or a public garden in your area. If not, you might consider a sparking one. Rethinking travelLimiting car use can be a great way to reduce your individual carbon footprint, but it doesn't end there. When we walk, cycle or take a train or bus, we also help others do the same, and this can be a great way to meet people. It's much easier to catch someone else's eye and say hey when you're not surrounded by tons of metal and moving at 70 mph. Other tips for rethinking travel can be found here. You can even help others by creating projects that support alternatives - could you create a car club or a walking bus to get the kids to school? Spreading the wordPeople are increasingly curious to live green. If you bike to work, compost, buy organic, tell people why. If people are interested in trying it themselves, show them how. You can even take it one step further and organize educational evenings such as a movie movie seminars or discussion groups. Or start asking questions in your city - if you can get people to think about their influence, they're more likely to start looking for answers. Remember, however, there is a fine line between talking and preaching, so know when it's time to give it up and get back to talking about baseball. Join It can be lonely going this alone. Why not find out about environmental groups in your area? Many national conservation groups have local offices - the Sierra Club website offers a local zoomer for U.S. residents to find out what's going on in their neighborhood. Increasingly, there are specialized local groups that are dedicating themselves to specific aspects of sustainability. But you don't have to just think from the perspective of green clubs. As sustainability goes mainstream, more and more local organizations are including environmentalism as part of their focus. The evangelical climate initiative is a prime example. So if you're a member of a faith group, a parent-teacher committee, or even a sports club, why not look at the steps you can take together. From energy efficiency measures to local community action, there are countless ways to get your club colleagues or parishioners involved. We will never achieve our goals if we don't know what it is. If you can create an alternative vision or plan for your community it becomes much easier to inspire action. Check out these UK residents' 25-year plan to re-lock their valley to protect against future flooding and the North Carolina project offering joint planning for walking communities. Getting politicalnational and international politics can be frustrating. How can you influence the massive institutions that wield power? Local politics can be much less intimidating. It's a lot easier to make connections, put pressure on, and get involved when you live among the people you're trying to influence. Whether you're campaigning against unwanted development like these L.A. residents campaigning to save their urban farm, or seeking to influence local politics in a more positive direction, as these Portland citizens are helping their urban government plan for an oil-free future, it's important that you make your voice heard. And don't forget that environmental woes often fall disproportionately on the poor and marginalized. Check out environmental justice organizations such as Environmental Community Action for ways to make your community better, greener and fairer. Spread love (and junk electronics) So you don't want that item of clothing, records, books or printer anymore? The odds are good that someone else does. Obviously, there is a normal route items in a local thrift store or charity shop, but there are also resources like Trust Freecycle, Craigslist, or indeed, really free markets that help match demand with supply. If there is no such thing in your community, it shouldn't be. Healthy competition is great, but it's not the only way. A bit of friendly rivalry can get a lot done to spark community action. Sites 18Seconds.org you play a key role in pitting the city against the city in a battle to get greener. If you can't get your neighbors to change in order to save polar bears, maybe they will change to beat these losers down the road! Keep it legal though, please... The revolution will be broadcast just as local politics can be easier to influence than national ones, as will local media. Regional newspapers, radio and television are always looking for interesting stories related to the community, and as we noted here, it can be relatively easy to put a green spin on things. If the local media don't react, it doesn't keep banned online, so get cracked. 5.5: The number of global hectares currently needed to support the average Solihull resident in the UK. This could be reduced to 3, if all of the recommendations in this report were followed nationally, locally and individually.25,000: the number of tons of garbage that is collected in New York City every day, and more than 1.2 billion gallons of water are pulled daily from reservoirs that are more than 100 miles from the city.101 : The number of communities listed on the Transition Cities website by November 2008. These groups are actively involved in planning the future for their community for fossil fuels.40 percent: Percentage of members of The Tsipkar, a car sharing club, ultimately decided not to own a car. They also travel 50 per cent less than they otherwise did.11,000: the number of sustainable villages in Sri Lanka, which are merged under the Sarvodaya umbrella organization. They, in turn, are connected to thousands of other people around the world through the Global Ecodergen Network. Network.

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