



Take Action to Control Diabetes



VIRTUAL DIABETES SELF-MANAGEMENT PROGRAM

Do you or someone you care for have diabetes or prediabetes and would benefit from learning self-management strategies? Join a small group of adults in a community settings for 2½ hours, once a week for six weeks. The Diabetes Self-management Program (self management resource program with SMRC) classes are led by trained community health educators.

Get peer support. Learn self-management and problem-solving strategies, chose your own goals and make personalized step-by-step plans to live a healthy life with diabetes. Gain skills and confidence needed to achieve lifestyle improvements and become an expert dealing with your chronic health condition.

Learning topics include:

- Healthy eating
- Techniques to manage symptoms of diabetes
- Exercises for maintaining & improving strength & endurance
- Use of medication
- Working effectively with health care providers
- Incentives include Publix & Walmart gift cards, glucometers & test strips

Thanks to the Quantum Foundation and the Health Care District of Palm Beach County this program is open to all at NO COST!

Virtual Classes

Begins October 15, 2021
Fridays for 6 weeks - 9:30a-12p

For more information, contact Robin Nierman at 561.300.3227 or rnierman@ymcaspbc.org

In partnership with:

