



TAKE ACTION TO CONTROL DIABETES

DIABETES SELF-MANAGEMENT PROGRAM

Join a small group of adults with diabetes and prediabetes in a community setting for 2½ hours, once a week for six weeks. The Diabetes Self-management Program classes are led by trained community health educators.

Get peer support, learn self-management and problem-solving strategies, choose 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.

INCENTIVES!

- > \$25 gift cards for everyone who attends 6 classes
- > ONE \$100 gift card drawing at last class for anyone who attends 5 + classes!
- > Glucometers and test strips provided to class participants who need one

LEARNING TOPICS INCLUDE:

- Healthy eating
- Techniques to manage symptoms of diabetes
- Exercises for maintaining & improving strength and endurance
- Medication management
- Working effectively with health care providers
- Stress, action planning and problem solving skills

Dates	Day	Time	Location
Feb 8, 2022—Mar 15, 2022	Fridays	10:00AM—12:30PM	Delray Senior Resource Center , 708 W. Atlantic Avenue, Delray Beach, FL 33444
Apr 26, 2022—May 31, 2022	Tuesdays	10:00AM—12:30pm	Teen Lab at the Town Center Mall , 6000 Glades Rd, Boca Raton, FL 33431
Jul 13, 2022—Aug 17, 2022	Wednesdays	10:00AM —12:30pm	DeVos Blum Family YMCA , 9600 S. Military Tr, Boynton Beach, FL 33436
Sep 20, 2022—Oct 25, 2022	Tuesdays	6:00PM—8:30PM	Peter Blum Family YMCA , 6631 Palmetto Cir S., Boca Raton, FL 33433

Contact Robin Nierman at rnierman@ymcaspbc.org to enroll.

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

In partnership with:



Health Care District
PALM BEACH COUNTY



Dedicated Senior
Medical Center
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