



# DIABETES SELF-MANAGEMENT PROGRAM

Join a small group of adults with diabetes and prediabetes once a week for six weeks. The Diabetes Self-management Program classes are led by trained community health educators and provide peer support to 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 to better manage 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

**October 13, 2022—November 17, 2022**

**6:15pm–8:45pm**

**Peter Blum Family YMCA  
6631 Palmetto Circle South  
Boca Raton, FL 33433**

Contact Robin Nierman at [rnierman@ymcaspbc.org](mailto:rnierman@ymcaspbc.org) to enroll.  
Thanks to the Health Care District of Palm Beach County and Quantum Foundation this program is open to all at no cost.

