



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

ENROLLING NOW — Spaces limited

Starting August 30th, 2023, 6:00pm-8:30pm
Peter Blum Family YMCA
6631 Palmetto Circle S
Boca Raton, FL 33433

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

Thank you to the Health Care District of Palm Beach County, Quantum Foundation and a partnership with the Diabetes Coalition of Palm Beach County this program is open to all at NO COST. YMCA membership not required.

