

Diabetic or Pre-Diabetic or Live with someone who is Diabetic? If so, you are invited to Attend

NO-COST 6-Week Workshop Series

January 2021 - June 2021 (3 upcoming workshops)

Workshop Schedule

- 1) January 21, 28, February 4, 11, 18 and 25
- 2) March 11, 18, 25, April 1, 8, and 15
- 3) May 13, 20, 27, June 3, 10, and 17

1:30 pm to 4:00 pm

This Diabetes Self-Management Program is a 6-week workshop for people with diabetes, who are pre-diabetic or live with someone who is. It teaches the skills needed in the day-to-day management of diabetes.

Self-management programs are among the most efficient tools that can be offered. They lead to better outcomes by helping individuals gain confidence in their ability to manage their symptoms. In many cases, these programs lead to a reduction in illness, and improved overall health.



You will learn from trained leaders how to:
Deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress and difficult emotions

Exercise for maintaining and improving strength and endurance

Eat healthier, meal planning, low fat meals and reading nutrition labels

Appropriate use of medication

Work more effectively with health care providers

Reserve your spot by
E-mailing

Jess at jess@nyecc.org

Location: Live Online Class

Free class valued at \$240 with limited space.

Must have 8 people to start the class.



An Evidenced-Based Self-Management Workshop originally developed at Stanford University

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