

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

NO-COST 6-Week Workshop Series Virtual (online) Workshop Schedule

- 1) May 13, 20, 27, June 3, 10, & 17 from 1:30 pm to 4:00 pm
- 2) July 22, 29, August 5, 12, 19 & 26 from 9 am to 11:30 am
- 3) July 22, 29, August 5, 12, 19 & 26 from 1:30 pm to 4:00 pm
- 4) September 9, 16, 23, 30 October 7 & 14 from 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

This program was supported by the Division of Public and Behavioral Health through Grant Number 1U55DP004820-01 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Division of Public and Behavioral Health nor the Centers for Disease Control and Prevention. This program was supported by Nevada State Division of Public and Behavioral Health, Bureau of Child, Family and Community Wellness, and CDC. This institution is an equal opportunity provider and employer.