

Diabetes Self-Management Workshop

FREE

This Diabetes Self-Management Program is a 6-week **FREE** 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.



For questions
 E-mail Hayley Gloeckner at hayley@nyecc.org or call 775-962-1087

Free class valued at \$240 with limited space.

Jess Rosner
 Program Manager
jess@nyecc.org
 775-482-6561



You will learn from trained leaders how to:

- Understand and manage** 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

One hour classes over the Phone

2/10/2022 to 3/17/2022 from 9 am to 10 am or

3/1/2022 to 4/5/2022 from 10 am to 11 am

We need 3 to 4 participants to start classes!

Register for a workshop. Either scan QR code or use this link:
<https://www.surveymonkey.com/r/SignupforDSME>



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

This program is supported by the Division of Public and Behavioral Health through Grant Number 1U58DP004820-01 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 is supported by Nevada State Division of Public and Behavioral Health, Bureau of Child, Family and Community Wellness, and CDC. The institution is an equal opportunity provider and employer.