

Diabetes Self-Management Workshop

Starting on Wednesday, June 19 at 10 am

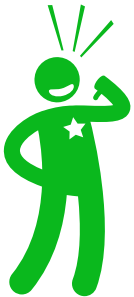
At the Panaca Community Center at 1005 Main St, Panaca, NV



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, more information or to register:

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