



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE ACTION TO CONTROL DIABETES



VIRTUAL Diabetes Self Management Program

Do you or someone you care for have diabetes or prediabetes and would benefit from learning self-management strategies? Join a small group of adults in a community settings 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, chose 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.

Learn topics including:

- Healthy eating
- Techniques to deal with the symptoms of diabetes
- Appropriate exercise for maintaining and improving strength and endurance
- Appropriate use of medication
- Working more effectively with health care providers

- Open to YMCA members and non-members
- No cost to participate
- Program incentives for attendance!
Exercise bands, Publix gift cards, FitBits and Magic Bullet blenders!

Virtual Class

Wednesdays, starting July 14th

6:30pm—9:00pm

Email Robin Nierman rnierman@ymcaspbc.org or call 561-300-3227

In partnership with:

