



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 virtual meeting for **2½ hours, once a week for six weeks**. The Diabetes Self-management Program classes, a Self Management Resource Program with the SMRC, 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

- ⇒ \$25 refundable registration fee
- ⇒ 6 weekly 2 1/2 hour sessions
- ⇒ Small groups led by 2 trained peer leaders
- ⇒ Weekly action plans
- ⇒ Open to YMCA members and non-members (must live local to South Florida area)

Starting Date	Time
Tuesdays, starting December 1st	6:00pm-8:30pm
Wednesdays, starting December 2nd	9:00am- 11:30am

\*\*A telephonic only version of the DSMP will be offered to those who do not have access to the technology necessary to participate in video calls. Contact [RNIERMAN@ymcaspbc.org](mailto:RNIERMAN@ymcaspbc.org) for more information. Class size will be limited to 5 participants and a participant kit will be mailed to each person.

**ENROLL NOW! Email [RNIERMAN@ymcaspbc.org](mailto:RNIERMAN@ymcaspbc.org) OR enroll online at [www.ymcaspbc.org/register](http://www.ymcaspbc.org/register) and choose "Community Programs"**

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