



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

- ⇒ 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
- ⇒ \$20 **REFUNDABLE** registration fee\*

\*Registration fee will be fully refunded after completion of a minimum of 4 out of the 6 classes

Starting Date	Time
Tuesdays, starting Feb 9th, 2021	9:00AM-11:30AM
Thursdays, starting Feb 11th, 2021	6:00PM-8:30PM

**Enroll Now — Spaces limited!**

Email Robin Nierman [rnierman@ymcaspbc.org](mailto:rnierman@ymcaspbc.org) or register online: [www.ymcaspbc.org/register](http://www.ymcaspbc.org/register)

In partnership with:

