



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# TAKE ACTION TO CONTROL DIABETES

## Diabetes Self Management Program October Classes

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 Workshops 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

- ⇒ No cost to participate
- ⇒ 6 weekly 2 1/2 hour sessions
- ⇒ Small groups led by 2 trained peer leaders
- ⇒ Weekly action plans
- ⇒ Healthy snacks provided
- ⇒ Open to YMCA members and non-members

### ENROLLING NOW — EACH CLASS IS 6 SESSIONS, SPACE LIMITED

OCT 8TH, 10:00AM-12:30PM, MMR HEALTHCARE, 2015 Ocean St., Suite 11, Boynton Beach, FL 33436

OCT 10TH, 5:00PM-7:30PM, DELRAY COMMUNITY WELLNESS CENTER, 4800 Linton Blvd. Suite F-111, Delray Beach, FL 33445

OCT 14TH, 3:00PM-5:30PM, COMMUNITY UNITED METHODIST CHURCH, 401 SW 1st St, Belle Glade, FL 33430

Contact Robin Nierman for more information or to enroll —[rnierman@ymcaspbc.org](mailto:rnierman@ymcaspbc.org) or 561-300-3227

