Do you or someone you care for have diabetes?

Join the - Diabetes Self-Management Education and Support (DSMES) program tailored for you!







Our Program is Recognized by American Diabetes Association (ADA)

Pre-program assessment: **Individual call 30 minutes.**
Program: **Four 2-hours virtual group sessions.**
Post-program evaluation: **Individual call 30 minutes.**
Program offers in: **Cantonese, English, Mandarin and Vietnamese**

* *No health insurance required, and self-referrals are welcome!*

Program objectives:

- Diabetes disease process and treatment options.
- Incorporating Nutritional management into Lifestyle.
- Incorporating Physical Activity into Lifestyle.
- Using medications Safely.
- Monitoring Blood glucose, interpreting and using results.
- Prevention, detection and treatment of acute complications.
- prevention, detection and treatment of chronic complications.
- Development strategies to address psychosocial issues.
- Development strategies to promote health/change behavior.

EACH
at your service
Enhance Asian Community on Health, Inc.

Rolling enrollment - Contact us at (857)331-8568 or email: qtu@each4asian.org