

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.



Enhance Asian Community on Health, Inc.

Rolling enrollment . Contact us at (617) 905-6329 or email: each@each4asian.org