the YMCA

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

- ⇒ **No cost to participate**
- ⇒ 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

| Starting Date | Time |
|---|---|
| Wednesdays, starting July 8th, 2020 | 5:00 PM – 7:30PM |
| Friday, starting July 10th, 2020 | 9:00AM-11:30AM |

**Contact Robin Nierman to enroll — RNIERMAN@ymcaspbc.org or 561-300-3227**

In partnership with: Diabetes Coalition PALM BEACH COUNTY · Dedicated Senior Medical Center A CHENMED COMPANY · Health Care District PALM BEACH COUNTY · QUANTUM FOUNDATION