

Do you have?

DIABETES

Diabetes Self Management Program

Learning Self-Management Skills for Diabetes

Learn How To:

- Work with your healthcare team
 - Manage symptoms
- Learn medication “how-to’s”
 - Eat well
 - Set weekly goal
 - Foot care
- Communicate better with friends and family
 - How to manage blood sugar levels
 - Handle difficult emotions
 - Exercise safe and easily
 - Solve problems
 - Relax

This eight-week, 2.5 hours, once a week program, includes two one-on-one meetings with a Registered Dietitian. This class builds confidence for managing chronic health issues, staying active and enjoying life!

Pre-Registration is required

Call or email Today: Vanessa Rico-Robie (954-745-9567)

ricorobiev@adrcbroward.org

SNACKS WILL BE PROVIDED

Class Size is Limited

*10-person minimum & 16-person maximum (Adults 60+) *

