

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 builds confidence for managing chronic health issues, staying active and enjoying life!

Class Size is Limited Pre-Registration is required—

Call Today: Lymari Rivera [305.795.8465](tel:305.795.8465)

First six-week program begins: Tuesday, September 26th
Florida PACE Center, 2814 Corporate Way, Miramar, FL 33025

Time: 1:00 PM – 3:30 PM

SNACKS WILL BE PROVIDED

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

