



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TAKE ACTION TO CONTROL DIABETES

Diabetes Self Management Program NOW ENROLLING

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
- ⇒ Healthy snacks provided
- ⇒ Open to YMCA members and non-members
- ⇒ Must commit to attend 80% of classes

Day	Starting Date	Time	Location
WED	OCT 23	9:00AM—11:30AM	Peter Blum Family YMCA, 6631 Palmetto Circle South, Boca Raton, FL 33433
WED	OCT 23	1:30PM —4:00PM	Dedicated Senior Medical Center, 5848 West Atlantic Ave. Suite 143, Delray Beach, FL 33484
SAT	NOV 9	9:15AM—11:45AM	Bridges at Belle Glade, 33 West Avenue A, Belle Glade, FL 33430
TUE	NOV 12	6:15PM — 8:45 PM	DeVos-Blum Family YMCA, 9600 S Military Trail, Boynton Beach, FL 33436

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

In partnership with:





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Bridges of Belle Glade, 33 West Avenue A, Belle Glade, FL 33430

Classes start Saturday, November 9th

9:15am — 11:45am

Snacks and coffee provided

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