



Take Control Of Your Diabetes NOW!

The **Diabetes Self-Management PLUS* Program** is a 6-week FREE, evidence based workshop. Enjoy an interactive environment where mutual support and success builds your confidence to effectively manage your diabetes. Participants receive a companion book, *Living a Healthy Life With Chronic Conditions*.

Workshop topics include:

- Techniques to deal with symptoms of diabetes including fatigue, pain, hyper/hypoglycemia, stress, depression, anger, and fear
- Appropriate use of medication and medication management
- Importance of proper nutrition and physical activity
- **PLUS* exercises for maintaining strength and endurance**
- **PLUS* nutrition and healthy eating strategies specific to diabetes**

Feel better. Be in control. Do the things you want to do.

Register for a FREE workshop!

The Diabetes Self Management PLUS Program is a complimentary workshop presented by:



SCAN | Social Community Activities Network
180 Highway 35 South | Eatontown, NJ 07724
732.542.1326 | www.scannj.org

Location: Bayshore Senior Center
100 Main Street, Keansburg
Dates: Feb 21 – March 28 (Thursdays)
Time: 10:00am-12:00pm

6 Weeks Can Change Your Life!
Register: 732.542.1326



- * *Attend all 6 sessions and receive a \$30.00 Gift Card.*
- * *Each session includes valuable extra content on exercise and nutrition specific to diabetes management.*