

Is your diabetes getting the best of you?



**Take
Control
Of Your
Diabetes
NOW!**

The **Diabetes Self-Management PLUS* Program** is a 6-week FREE, evidence based workshop created by Stanford University, provides an interactive environment where mutual support and success builds your confidence to effectively manage your diabetes and maintain an active lifestyle. All 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, and emotional problems like depression, anger, fear and frustration
- appropriate use of medication and medication management
- communicating more effectively with health care providers
- **PLUS* appropriate 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.

*****Call NOW to Register: 732.542.1326**

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: **YMCA Community Center**
41 Center St, Freehold Boro
Dates: Jan 29-March 6 (Tuesdays)
Time: 10:30AM-1:00PM

**Register NOW for this FREE workshop.
6 Weeks Can Change Your Life!
Call NOW — 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.