



# Take Control Of Your Diabetes NOW!

The **Diabetes Self-Management 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*. Appropriate for folks with diabetes, pre-diabetes, or caretakers of diabetics.

*Workshop topics include:*

- Techniques to deal with symptoms of diabetes including fatigue, pain, hyper/hypoglycemia, stress, depression, and anger
- Proper use of medication and medication management
- Importance of proper nutrition and physical activity

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

**\*\*Register now for this FREE workshop!\*\***

The Diabetes Self Management 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](http://www.scannj.org)

**Location:** Gregory School Apartments  
157 7th Ave, Long Branch, NJ  
**Dates:** Sept 23 – Oct 28 (Mondays)  
**Time:** 10:00am-12:30pm

***Call Now to Register!***  
**732.542.1326**

***OPEN TO THE PUBLIC!***

*Ample street parking available on  
7th Ave, Joline Ave, and Hendrickson Ave.*