



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

Location: The Salvation Army
605 Asbury Ave, Asbury Park, NJ
Dates: Oct 1 – Nov 3 (Tuesdays)
Time: 10:00am-12:30pm

Call Now to Register!
732.542.1326

OPEN TO ALL ADULTS 60+ YEARS OLD

Ample free parking available for participants in The Salvation Army parking lot.