

If you have patients that is Diabetic or Pre-Diabetic or Live with someone who is Diabetic please refer them to a no-Cost Diabetes Self-Management Workshop.

NO-COST 6-Week Workshop Series

January 2021 - June 2021

Workshop Schedule

Jan 21 - Feb 25

March 11 - April 15

May 13 - June 17

1:30 pm to 4:00 pm

This Diabetes Self-Management Program is a 6-week workshop for people with diabetes, who are pre-diabetic or live with someone who is. It teaches the skills needed in the day-to-day management of diabetes.

Self-management programs are among the most efficient tools that can be offered. They lead to better outcomes by helping individuals gain confidence in their ability to manage their symptoms. In many cases, these programs lead to a reduction in illness, and improved overall health.

They will learn from trained leaders how to:

Deal with the symptoms of diabetes, fatigue, pain, hyper/hypoglycemia, stress and difficult emotions

Exercise for maintaining and improving strength and endurance

Eat healthier, meal planning, low fat meals and reading nutrition labels

Appropriate use of medication

Work more effectively with health care providers

Reserve your spot by calling Jess at 775-482-6561 or E-mail: jess@nyecc.org

Free class valued at \$240 with limited space.

Must have 8 people to start the class.



An Evidenced-Based Self-Management Workshop originally developed at Stanford University

This program is was supported by the Division of Public and Behavior Health through Grant Number 1U58DP004820-01 from the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the officials views of the Division of Public and Behavioral Health nor the Centers for Disease Control and Prevention. This program is was supported by Nevada State Division of Public and Behavioral Health, Bureau of Child, Family and Community Wellness, and CDC.

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