

Diabetes Self-Management Program

**Are you interested in learning how to better manage your diabetes?
Complimentary diabetes classes are now available at our
Dignity Health Wellness Centers!**

The Diabetes Self-Management Program is a 2.5 hour class held once a week, for 6 weeks, taught by two trained leaders. It's time to take control and learn better ways to manage your diabetes!

During the FREE program you will learn:



Making Friends who will Support you



Healthy Eating



Coping with Stress



Problem Solving



Dealing with Depression and Positive Thinking



Physical Activity



Communicating and following up with your Doctors



Weekly Goal Setting

Join our upcoming virtual sessions via Zoom

Interested in joining in person or virtually or need more information? Please call **702.620.7800** or e-mail jemaima.tagayuna@dignityhealth.org.



Dignity Health[®]

St. Rose Dominican

in Collaboration with



Nevada Health Partners

Tuesdays, May 7-June 11, 2024, 12:00-2:30 pm

Saturdays, May 11-June 15, 2024, 10:00 am-12:30 pm

Fridays, May 24-June 28, 2024, 1:00-3:30 pm

Saturdays, May 18-June 22, 2024, 11:00 am-1:30 pm