



# Diabetes Self-Management Program

**TAKE CONTROL OF YOUR HEALTH**

## **DIABETES SELF-MANAGEMENT PROGRAM is:**

- ❖ *A six-session ( 2 ½ hours each) health education workshop that includes a FREE reference book: “Living a Healthy Life with Chronic Conditions”*
- ❖ *For persons and/or caregivers of individuals who are dealing with diabetes*
- ❖ *A proven evidence-based program developed at Stanford University*

**In this workshop you will learn how to:**

- ❖ Identify and manage symptoms
- ❖ Develop healthy eating & exercise habits
- ❖ Communicate effectively with your doctor and health care team
- ❖ Manage your fear, anger, and frustration
- ❖ Relax and think positively
- ❖ Prevent or delay complications



**Offered by the East Hanover Health Department**

**To Start April 19<sup>th</sup> thru May 24<sup>th</sup>**

**930am-12pm**

**Place: East Hanover Town Hall (Main Floor)**

**In the Main Meeting Room**

**To register please call 973-428-3035 and ask for Maria**

- **Open only to residents of East Hanover and Roseland**

**Skylands RSVP &  
Volunteer Resource Center**  
Sponsored by  
**NORWESCAP**  
Northwest New Jersey Community Action Program, Inc.

And  
The NJ Dept. Of Human Services