

# Diabetes Self-Management Education Workshops

Learn how to better manage your diabetes through this six session program.

## Sessions include:

1. Diabetes Overview/Healthy Eating (Part 1)
2. Healthy Eating (Part 2)/Being Active
3. Taking Medication
4. Diabetes Monitoring
5. Reducing Risks
6. Problem Solving/Healthy Coping

Sessions are offered throughout the year! Sign up today to attend all six sessions and take control of your Diabetes!

To register, call the Population Health team at (718) 869-7954 or (718) 869-7100 or scan the QR code:



Attendees will receive a light snack and class materials.



In Partnership with **ADCES** Association of  
Diabetes Care & Education  
Specialists

**St. John's Episcopal Hospital**

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