

DIABETES SKILLS

Who: Recently diagnosed with diabetes or refresher course.

What: Diabetes Self-Management Training Course - 4 Sessions

Where: Online Virtual Sessions

When: Session 1 - Offered twice per month – Sessions 2-4 offered once per month

Why: Learn Skills for Self-managing diabetes



Monthly Session Topics:

Session 1: Diabetes - The Nuts & Bolts

Session 2: Nutrition - Eat Well, Be Well

Session 3: Living Well with Diabetes

Session 4: Preventing Complications & Understanding Medications

**LIVE HEALTHY,
LIVE WELL.**



Enroll in this course to learn how to safely manage the daily challenges of living with diabetes. Invest in your health with NMCSO's Health & Wellness Department.

To register or for more information call (619) 532-7764

Your Health is our Mission