

## MANAGING DIABETES

## Learning to Prevent or Manage Diabetes for a Full and Active Life

Ethos is offering a comprehensive program for those living with Diabetes. The Diabetes Self-Management Program is an education workshop designed by Stanford University. Adults living with diabetes or prediabetes will learn several techniques for monitoring and improving their condition.

**Topics covered include:** avoiding disease complications, healthy eating, physical activity, medication management, and dealing with stress. Menu planning is an important part of this workshop. The workshop is offered free of charge and meets 1 day per week for 6 weeks. There are lots of options to attend in-person, through Zoom meetings, and/or over the phone. **This program is offered in partnership with the MA Department of Public Health.** 

## **Participants:**

- Must be 60 or older
- Must be diagnosed with diabetes or pre-diabetes
- Will receive a comprehensive manual and supporting DPH materials
- Can ask a Registered Dietitian questions to help formulate your personal healthy eating plan.
- Will receive a \$25 gift card to a local grocery store upon completion of the program
- Will be invited to join follow-up programs to promote healthy eating and increased physical activity.

Space is limited. To be included in the program, you must register by Monday, February 21, 2022. Workshops will begin in early March. For more information or to register, contact Ann Glora at 617-477-6616 or aglora@ethocare.org or go to the Ethos website www.ethocare.org **ETHOS** 

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In Partnership with: MA Department of Public Health