



# HEALTHY SOUTH TEXAS LIVE WELL WITH DIABETES



**ENROLL FOR FREE!**

**CALL NOW 1-866-524-1408**

## Diabetes self-management education

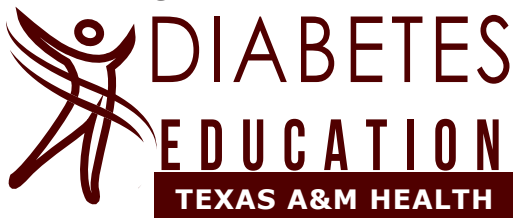
### Join our program!

Our team of certified diabetes educators, nurses, dietitians and community health workers teach practical ways to manage diabetes while also enjoying life.

**\*Participants must have a diagnosis of prediabetes or diabetes**

### Class topics include:

- Diabetes overview
- Healthy eating
- Nutrition
- Physical activity
- Medications
- Blood glucose monitoring
- Foot care
- Mental health
- Goal setting



### Classes to fit your busy life

Face-to-face or online classes are available for days and evenings.

### Personal support

One-on-one follow-ups and consultations to help you along your journey to improved health. Participants will receive a FREE glucose monitor, strips and other incentives.

### One Day (English)

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### One Day (Spanish)

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### Location

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### Contact for more information:

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\*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.



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