



The District 17 Superintendent's Office Present's...

DIABETES SELF-MANAGEMENT PROGRAM

LEARN WAYS TO INDEPENDENTLY MANAGE YOUR DIABETES

6 WEEK PROGRAM 2 1/2-HOUR SESSIONS

10am Every Monday @ The District Office – 532 Albany Ave.

PROGRAM INCLUDES:

- CERTIFICATE OF COMPLETION
- ROUND-TRIP METROCARD FOR EACH SESSION ATTENDED
- FREE HEALTHY SNACKS
- SELF-MANAGEMENT TIPS FOR MANAGING DIABETES
(REDUCE A1C & RISK OF AMPUTATION)
- NUTRITION PLANS AND EXERCISE
- RELAXATION TECHNIQUES

CONTACT US FOR MORE INFORMATION:

Tyeast (Fullerton) McCain [347-488-7477](tel:347-488-7477) / Margot Sargeant

MSargeant@schools.nyc.gov / Philton Lewis-Thomas PLewis22@schools.nyc.gov

This free program is proudly in partnership with



Sessions will be held in-person starting Monday, November 13th, 2023!