

Take Control of Your Diabetes

Join a free Diabetes Self-Management workshop today and learn how to live better with diabetes.



Bill de Blasio
Mayor

Donna Corrado, PhD
Commissioner



Call
311 & ask for
**Diabetes
Classes**

If you or someone you care for has diabetes, a Diabetes Self-Management workshop can enhance medical treatment with successful self-management strategies. We offer workshops across the city — call 311 today to find out where and when you can attend.



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Managing Your Diabetes

Get the help you need
to take back your life.

Diabetes care can be overwhelming, but luckily, you have more control than you realize.

Take a more active role in the treatment of your diabetes and learn how to work with your doctor or diabetes counselor to make plans that make sense for you.

The New York City Department for the Aging can help you every step of the way — with a Diabetes Self-Management Program (DSMP) offered at senior centers.

Workshop graduates enjoy a higher quality of life with fewer health issues, more balanced blood sugar levels, and greater independence.

"I have high blood pressure, and I needed to manage my diet and get my weight under control. My Diabetes Self-Management Program has been tremendous in helping me get my pressure down and eat better. I feel altogether better."

—Shirley H.,
Williamsburg, Brooklyn

What is a Diabetes Self-Management Program?

It's a workshop for adults 60 years or older who have type 2 diabetes or pre-diabetes. Join a small group of adults who face similar issues and challenges for 2.5 hours weekly for six weeks.

At the workshops, you will be led by trained community health educators and learn about:

- Stress and depression management
- Exercise and fitness programs
- Healthy eating and nutrition
- Problem-solving and goal-setting strategies
- Working effectively with your care team



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Diabetes Self-Management workshops are available at select senior centers in New York City.

Change your life for the better.
Call 311 today to find out where and when workshops are being held.