

# Diabetes Self-Management Program

**Are you interested in learning how to better manage your diabetes?  
Complimentary diabetes classes are now available at our  
Dignity Health Wellness Centers!**

The Diabetes Self-Management Program is a 2.5 hour class held once a week, for 6 weeks, taught by by two trained leaders. It's time to take control and learn better ways to manage your diabetes!

**During the FREE program you will learn:**



Making Friends who  
will Support you



Healthy  
Eating



Coping with  
Stress



Problem  
Solving



Dealing with Depression  
and Positive Thinking



Physical  
Activity



Communicating and following  
up with your Doctors



Weekly  
Goal Setting

**Join our upcoming virtual sessions via Zoom**

Interested in joining in person or virtually or need more information? Please  
call 702.620.7800 or e-mail [jemaima.tagayuna@dignityhealth.org](mailto:jemaima.tagayuna@dignityhealth.org).



**Dignity Health**<sup>®</sup>

St. Rose Dominican

in Collaboration with



**Nevada Health Partners**

**Tuesdays, May 7-June 11, 2024, 12:00-2:30 pm**

**Saturdays, May 11-June 15, 2024, 10:00 am-12:30 pm**

**Fridays, May 24-June 28, 2024, 1:00-3:30 pm**

**Saturdays, May 18-June 22, 2024, 11:00 am-1:30 pm**