

Do you Struggle with... DIABETES?

Learn what YOU can DO to MANAGE your health

at the **Diabetes Self-Management Program**©

Join ACHS Nutritionist, Chad Proulx, and NCHC Community Health Worker, Amber Culver, at the Summit by Morrison for a dynamic 6-week workshop to help you better understand and manage your diabetes.

Diabetes Self-Management Program (DSMP):

- a workshop that meets weekly - 2 ½ hours each week for 6 weeks
- FREE to anyone in the community who has Type II Diabetes or cares for a loved one with diabetes
- Gives you the skills you need to get and stay healthy with Diabetes

WHAT?

Topics covered...

- What is diabetes?
- Healthy-eating / menu planning
- Dealing with stress
- Making an exercise plan
- Decision-making
- Problem-solving
- Dealing with depression
- Strategies for sick days

... and many more!

WHERE:

Summit
by Morrison

Auditorium

56 Summit Drive

Whitefield, NH

WHEN: Group meets

Tuesday afternoons

November 5 - December 10

1:30 – 4 pm

Free healthy refreshments each week!

To register or for more information,
contact Chad Proulx:

603-444-8103 or Chad.proulx@achs-inc.org

