

# Diabetes Self-Management Program Plus

Are you interested in talking to a Registered Dietitian to learn how to better manage your diabetes?

Diabetes classes are **NOW** available at Fallon!

Diabetes Self-Management Program Plus (DSMP Plus) starts with an opportunity to talk and set goals with a Registered Dietitian, then follows a six (6) week evidence-based Diabetes Self-Management Program. At the end of the program, you will have another chance to meet with a Registered Dietitian. Take control and learn different ways to manage your diabetes!

*(Dietician apply to 65+)*

During the program you will learn:



Making Friends that will Support you



Healthy Eating



Dealing with Stress



Problem Solving



Dealing with Depression and Positive Thinking



Physical Activity



Communicating and Following your Doctors



Weekly Goal Setting

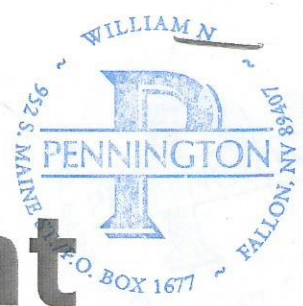
Group meets every Monday from **March 11th to April 15th**  
1:00 pm - 3:30 pm

Space is very limited, please call 775-423-7096 to register!

at William N. Pennington Life Ctr.  
952 S. Maine St.  
Fallon



Sign up NOW!



# Diabetes Self-Management Program Plus

Please put your name and contact information. **We'll set up a time to speak with you to see if you qualify for the program.**

*\* Group Meetings Start Monday, March 11 to Apr. 15 for 6 weeks*

NAME:

PHONE NUMBER:

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