

Diabetes Self-Management Program

A No-Cost Program for People
Living with Type 2 Diabetes

Participants Will Learn About:

- Exercises to maintain & improve strength & endurance
- Healthy Eating
- Appropriate use of medication
- Tests for prevention or delay of complications
- Proper Foot Care
- Action-planning, problem-solving, decision-making and much more!



Class Design

- 6 class series meeting 1 time a week for 2.5 hours
- Small group workshops
- Led by trained and certified instructors
- Available in the following counties in California: Los Angeles, Orange, Riverside and San Bernardino

To schedule a series, contact:

Lilly Oros

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