Diabetes Self-Management Program

Are you interested in learning how to better manage your diabetes?

Diabetes classes are now available at OLLI

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

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

OLLi at UNLV
851 E Tropicana Ave Las Vegas NV 89119
Group meets every Friday starting September 27-November 8
1:00 p.m. - 3:30 p.m.
Please call 702-774-6554 to register!