LEARN HOW TO LOWER YOUR A1C AND MANAGE YOUR BLOOD SUGAR

The Diabetes Foundation invites you and your family to join our Diabetes Self Management Education and Support team for a FREE 4-week virtual workshop! Led by a Certified Diabetes Educator, you will learn how to manage your diabetes, share your challenges and obtain the resources you need to focus on your future — all in a completely judgment-free environment!

Gain tools for:

- Medication Management
- Social Support
- Physical Activity
- Pattern Management
- Healthy Eating
- Finding a Healthcare Team

Join from the comfort of your home through Zoom on the dates that work best for you!

📅 2021
- Sept 9, 16, 23, 30
  Thursdays, 12:00-2:00 pm
- Oct 25, Nov 1, 8, 15
  Mondays, 6:30-8:30 pm
- Nov 29, Dec 6, 13, 20
  Mondays, 6:30-8:30 pm

📅 2022
- Jan 17, 24, 31, Feb 7
  Mondays, 6:30-8:30 pm
- Feb 24, Mar 3, 10, 17
  Thursdays, 12:00-2:00 pm
- May 5, 12, 19, 26
  Thursdays, 12:00-2:00 pm
- June 6, 13, 20, 27
  Mondays, 6:30-8:30 pm

Sign up at least one week in advance and receive a free diabetes care package with all of the materials you will need for this course, a free glucometer, test strips and more!

Register online today: diabetesfoundationinc.org/dsmes

VISIT US ONLINE diabetesfoundationinc.org  CALL US (201) 444-0337  EMAIL US info@diabetesfoundationinc.org
Our mission is to support your journey to better health.

The Diabetes Foundation provides direct services to New Jersey children, adults and families living with diabetes. Our programs are designed to prevent diabetes onset, and delay or avoid long-term complications.

**MEDICATION ASSISTANCE**
Free two month supply of insulin, oral medication and/or non-insulin injectables

**FREE A1C SCREENING**
Free screening for children and adults at a BioReference Laboratory location near you

**SUPPLY ASSISTANCE**
Free two month supply of glucose testing and insulin administration products, including glucometers, test strips, sensors and pods

**KIDS CAMP SCHOLARSHIPS**
Allows your child to attend a summer camp dedicated to empowering boys and girls living with type 1 diabetes

**TRANSPORTATION ASSISTANCE**
Free round trip transportation to your endocrinologist, primary care physician or a blood-testing lab

**EDUCATION**
Diabetes Self-Management Education and Support (DSMES) Program, encompassing all key aspects of diabetes care

**VIRTUAL SUPPORT GROUPS**
A chance to connect with others living with diabetes to discuss issues and share concerns and accomplishments

**RESOURCE SOLUTION SPECIALISTS**
One-on-one support to help find local resources for medication and supplies, or for building a diabetes healthcare plan that works for you

Sign up today at diabetesfoundationinc.org

Diabetes is hard. Getting help shouldn’t be.