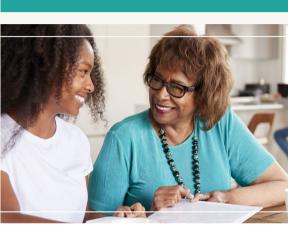


SUPPORT YOUR MEDICATION WITH EDUCATION



KNOWING HOW
TO MANAGE
YOUR HEALTH
CAN CHANGE
YOUR LIFE

CONTACT US

(201) 444-0337 (800) 633-3160 info@diabetesfoundationinc.org

FALL/WINTER 2023-24 SCHEDULE FREE CLASSES

Diabetes Self-Management Education and Support (DSMES)

Gain a comprehensive understanding of all areas of diabetes and how to care for your health: includes Nutrition, Activity, Medication Management, Coping Skills and more

Connections between
Prediabetes and Nutrition
How Food, Alcohol and Activity
impact Blood Sugar

Nutrition BasicsFiber, Carbohydrates, Fats,
Proteins and more!

Meal Planning Tools and Tips Strategies for successful Meal Planning

Diabetes Doesn't Have You Support Group

Conversations of Hope and Determination

Diabetes and Physical Activity

Learn how to be active and safely manage your diabetes

DF's education programming is is accredited by the:

