



# Diabetes Self-Management Program

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

The Diabetes Self-Management Program is a 2.5 hours class held once a week for 6 weeks, 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  
and finding  
support



Adopting a  
healthier  
lifestyle



Dealing with  
stress and  
depression



Communicating  
and following  
your doctors

Interested in joining or need more information? Please call  
702.616.4940 or email [heidi.phelon@commonspirit.org](mailto:heidi.phelon@commonspirit.org)



**Dignity Health**

St. Rose Dominican

Please scan the QR code to register and see class schedules.