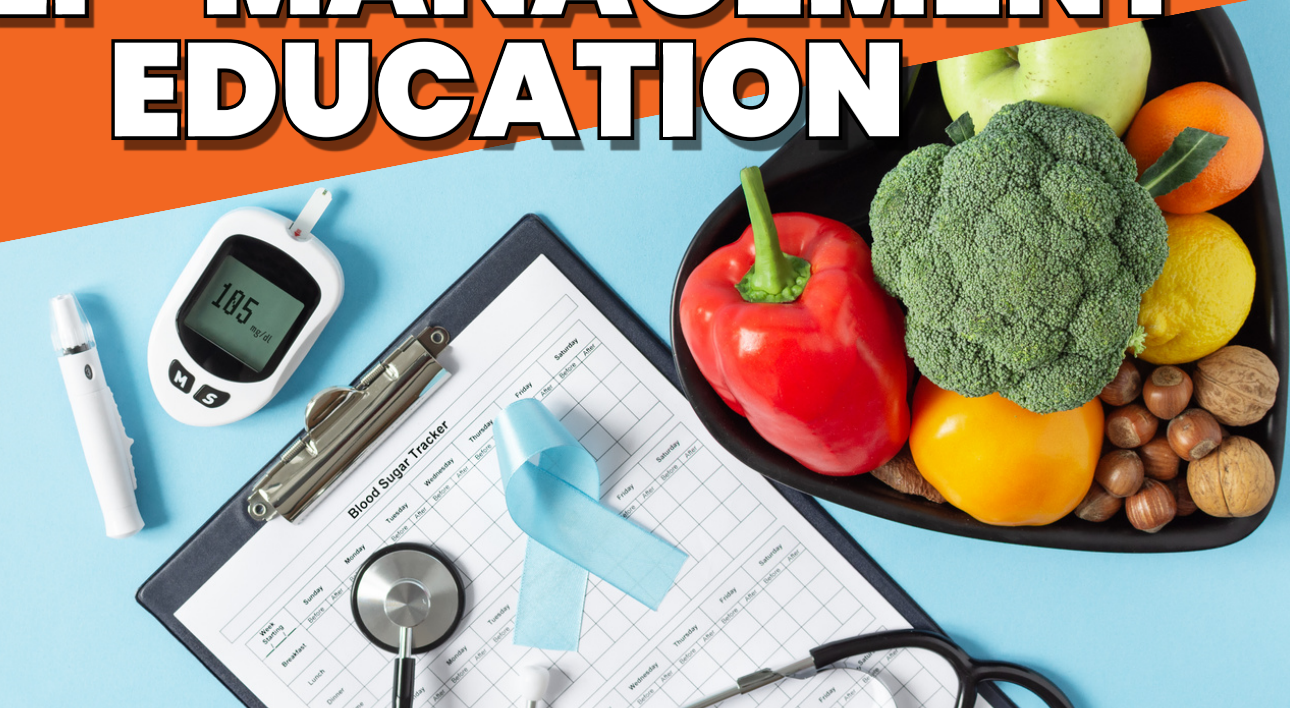




**ADRIAN  
GARCIA**  
COMMISSIONER

# DIABETES SELF-MANAGEMENT EDUCATION

Scan 2  
Register



## At East Harris County Activity Center

Are you or someone in your family living with obesity, prediabetes, diabetes, or heart disease?  
Are you looking to better manage these complex diseases,  
and improve the overall health and well-being of your family?  
We invite you to participate in our Diabetes Self-Management Education and Support class,  
led by the Faith & Diabetes team at the Institute for Spirituality and Health.

### TUESDAYS

JUNE 4, -  
JULY 9, 2024

12 PM - 2 PM

**Hardy Community  
Center**

11901 W. Hardy Rd.  
Houston, TX 77076

### During the weekly 90-minute sessions running over 6 weeks, you will:

- Learn essential skills for managing diabetes effectively
- Receive practical tips on meal planning, exercise, and medication management
- Connect with other parents facing similar challenges and share experiences
- Gain confidence in handling day-to-day diabetes care for yourself and your loved ones
- Get the most of your visits with doctors and other healthcare professionals
- Establish a relationship with a doctor if you don't already have one
- Receive resources about community programs

***Don't miss this valuable opportunity to empower yourself with the knowledge and support you need to help you and your family thrive.***

***We look forward to seeing you there!***

For more information,  
call Health Services directly at 713-274-2124