

# DIABETES

## SELF-MANAGEMENT EDUCATION & SUPPORT

Simple lifestyle changes can help reduce the impact of type 2 diabetes symptoms on daily life.

This program is available in English and Spanish and is accredited by the Association of Diabetes Care and Education Specialists (ADCES).

OWN's Diabetes Self-Management Education and Support (DSMES) program provides information and skills for people to manage their diabetes and related conditions.

This program combines the group workshops for diabetes self-management (Living Well with Diabetes) and an opportunity to meet one-on-one with a registered dietitian (Medical Nutrition Therapy) or a diabetes educator.



Get wellness support for a full 6 weeks



Benefit from group and individual sessions



This program is covered by both Medicare and Medicaid in Oregon.

Call (833) 673-9355 or visit <https://hipaa.jotform.com/223126536395155> to start your DSMES journey!

