Gain Control, Set Your Own Goals



Our Star Patients

Our Diabetes Education

Classes are designed to

provide you with the

t paga nov appalword

knowledge you need to

gain control of your dia-

betes. We will help you to

set goals and stay moti-

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vated. Come join us and

be on your way to a

healthier lifestyle!

Our Mission

Holyoke Health Center is a state-licensed 501 © (3) organization, originally established in 1970 in the city of Holyoke. The mission of the Holyoke Health Center is to improve the health of our patients by providing quality health care and supporting comprehensive community-based programs to create a healthy community.



Holyoke Health Center, Inc.

Healthy Lifestyles Program
Holyoke Health Center

255 High Street Holyoke, MA 01040

Phone: 413-420-2130 Fax: 413-540-0957

Sponsored by Robert Wood

Holyoke Health Center

Healthy Lifestyles Program



Diabetes Education Classes

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Diabetes Self-Management Skills for Learning and Life!

Telephone: 413-420-2130

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a Healthy Lifestyle Healthy Habits for

Center to learn about mak-Come to the Holyoke Health

ing healthy lifestyle choices

provide the knowledge Our classes



Graduates

and support

your diabetes. Join us today! you need to take charge of

To join you must be a patient of Holyoke Health Center

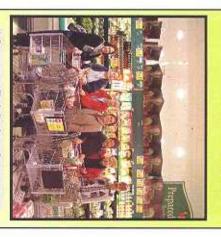
Key Concepts for Dia-Self-Management betes

good health. Class concepts include: Come learn the keys to

- DIABETES: What is it?
- NUTRITION & DIET: What can you do to eat right
- MEDICATION: Learn to manage your meds.
- BLOOD SUGAR LEVEL: understand yours. Learn how to check and
- Exercise: Strategies for inyour daily routine. cluding exercise into
- you can manage your weight for health. WEIGHT CONTROL: How
- complications of diabe-PREVENTION: Learn how to prevent and minimize

"Diabetes use to be you go to the doctor, you get medicine, and that was it. But not here!" -Ana Rodriguez

Be a Smart Shopper Supermarket Tours:



supermarket. We will practice skills we learned in class, will take a field trip to a local such as: After you finish the class, we

- + Reading Labels
- + Planning Meals
- + Saving Money
- + Learning how to find toods

