

Gain Control, Set Your Own Goals



Our Star Patients

- Our Diabetes Education Classes are designed to provide you with the knowledge you need to gain control of your diabetes. We will help you to set goals and stay motivated. Come join us and be on your way to a healthier lifestyle!

Our Mission

Holyoke Health Center is a state-licensed 501 (c) (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

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Sponsored by Robert Wood

Healthy Lifestyles Program Holyoke Health Center



Diabetes Education Classes

Diabetes Self- Management Skills for Learning and Life!

Telephone: 413-420-2130

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Healthy Habits for a Healthy Lifestyle

Come to the Holyoke Health Center to learn about making healthy lifestyle choices.

Our classes provide the knowledge and support



Graduates

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

To join you must be a patient of Holyoke Health Center

Key Concepts for Diabetes Self-Management

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

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

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

Supermarket Tours: Be a Smart Shopper



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

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

