



Diabetes Self-Management Education and Support

Diabetes Self-Management Education Class (6 hours)

Benteh Nuutah Valley Native Primary Care Center Wellness Center offers a one-day comprehensive course for those with diabetes. Learn how to manage your diabetes and be as healthy as possible by focusing on self-care behaviors such as healthy eating, being active, monitoring, taking medication, healthy coping, finding support, and more! Lunch will be provided.

Diabetes Self-Management Support Class (1 hour)

Share your story in a positive setting, learn additional ways to manage your diabetes and prevent complications, and receive ongoing support from peers and guest speakers.

Calendar dates are available on the back page. Contact the VNPCC Wellness Center to request a referral. Wellness incentives are available for all attendees.

Meet with diabetes education providers:

- Audiologist
- Behavioral Health Consultant
- Dietitian
- Dental Health Aide
- Exercise Physiologist
- Health Educator
- Nurse Practitioner
- Optometrist

Benteh Nuutah Valley Native Primary Care Center Wellness Center
(907) 631-7630



2022 Diabetes Education Calendar:



Diabetes Self-Management Education Class

9 a.m. – 3:30 p.m.



Diabetes Support Class

5:30 - 6:30 p.m.

3/22 Healthy Eating 101

4/26 Reducing Stress and Health Coping

9/27 Medication Management

JANUARY

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DECEMBER

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