



Take Control NYC: Free Diabetes Workshop

Virtual Sessions

Thursdays
4 to 6 p.m.

Starting
May 8, 2025

Ending
June 5, 2025



This is a five-week diabetes self-management education and support program for people living with diabetes.

Session 1 — May 8: Understanding Diabetes

Session 2 — May 15: Medication and Physical Activity

Session 3 — May 22: Healthy Eating, Part 1

Session 4 — May 29: Healthy Eating, Part 2

Session 5 — June 5: Reducing Risks

Participants in all five sessions will receive a Fitbit!

To register, call or text
646-276-4773, email
bronxactioncenter@health.nyc.gov,
or visit the Eventbrite webpage at
bit.ly/DiabetesEducationBX



or by scanning the QR
code.



For more information or to request an accommodation, such as interpretation or ASL services, contact **646-276-4773** or bronxactioncenter@health.nyc.gov. This workshop is offered in English, but if language services are needed, contact us at least 72 hours before the class.

