

Diabetes Support Project

Hispanic Community Council will hold a Diabetes Support Group meeting on every Thursday, here at CODE.

The meeting is free of charge and open to the public.

American Diabetes Advocates (ADA) Certified Diabetic Educator, Max Martin, will present the evening's program entitled, "What do you really know about diabetes?" Max will discuss barriers and adherence to each person's self-management plan. The program is **Culturally sensitive, scientifically grounded, Evidence based, and clinically tested.** It will be interactive and will give participants the opportunity to discuss roadblocks and interventions experienced in managing the disease.

Additionally the **Diabetes Support Project** will offer a Program of **Diabetes Nutrition and Education (DNE)** to the local Hispanic Community. Obesity, Cardiovascular disease and diabetes are increasing affecting young children as well as adults. These conditions are aggravated by poor nutrition and lack of exercise. In order to encourage healthy eating the DNE program will include food demonstrations and cooking classes to pre-school children, young adults and caregivers in the Jamestown area. Classes are designed to wean participants off high calories snacks and junk food by teaching appreciation for tasty healthy food choices.

The **Diabetes Support Project** is designed to provide the latest information available on diabetes self-care, promotes wellness, and assist in the prevention of the disease and its complications. **Hispanic Community Council** is committed to help individuals achieve and maintain optimal health.

For information, call **Max Martin** @ 716-499-5622.

www.HispanicCommunityCouncil.org

