



Take Control NYC: Free Diabetes Workshop

In Person

**Wednesdays,
4 to 6 p.m.**

**January and
February, 2024**

Lincoln Hospital

**234 E. 149th St.,
Bronx, NY 10451**

**First Floor,
Conference Room 5**



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

Session 1 – January 24: Understanding Diabetes

Session 2 – January 31: Medication and Physical Activity

Session 3 – February 7: Healthy Eating (Part 1)

Session 4 – February 14: Healthy Eating (Part 2)

Session 5 – February 21: Reducing Risks

To register, call or text

646-276-4773, email

tprince@health.nyc.gov, or visit

the Eventbrite webpage at bit.ly/diabetesworkshopsbronxspanish

or by scanning the QR code. You

can also register in

person at a session.



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For more information or to request an accommodation, such as interpretation or ASL services, contact 718-508-0730 or tprince@health.nyc.gov. These workshops are offered in Spanish, but if language services are needed, contact us at least 72 hours before the class.

