

Programs at the YWCA

Mujeres Latinas

YWCA Diabetes & Cardiovascular Disease Prevention Project

For women of all ages! Mothers, Daughters and other women in your family, 12 years of age or older, can learn how to prevent diabetes and cardiovascular diseases together. The program consists of 8 sessions of fun, educational and interactive activities, including water fitness and aerobics. The program is **FREE** for all!

Promote good health and wellness!

Location:
YWCA of Lawrence
38 Lawrence Street
Lawrence, MA
01840



Greater Lawrence Family Health Center Programs

Healthy Living Group Visit

LEARN TO EAT HEALTHY!

EACH WEEK A NEW TOPIC TO HELP YOU CONTROL:

- Weight
- Pre-Diabetes
- High Blood Pressure
- Diabetes
- Cholesterol



Diabetes Self-Management

TAKING CARE OF YOUR DIABETES

It's important to take care of yourself and your Diabetes but it's not always easy!



Greater Lawrence Family Health Center's **Diabetes Educators** can help you!

Call **TODAY** to schedule a personal visit with your Diabetes Educator.

For more information about any of these programs please call:

Luz Arroyo or Martha Cruz

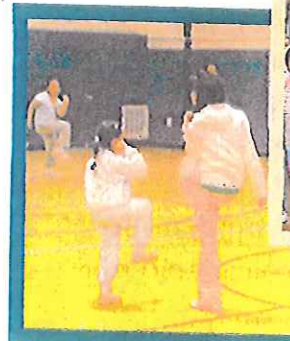
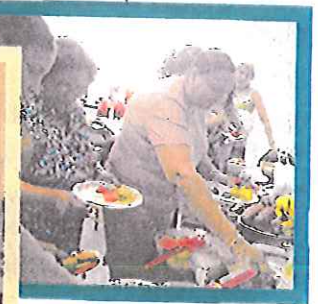
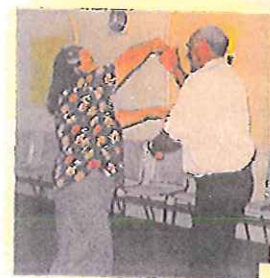
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Latino CEED: REACH New England
Located at the Greater Lawrence Family Health Center
One Canal Street • Suite 202 • Lawrence • MA 01840

Funded by the Centers for Disease Control and Prevention

COMMUNITY HEALTH PROGRAMS

Move Towards a Healthier Life!



Sponsored by:



Latino CEED
REACH New England
Center of Excellence for Eliminating Disparities

Programs at the Lawrence Senior Center

Winning with Diabetes



A **FREE** 10-week program in Spanish to help Latinos with diabetes manage their disease.

You will learn about:

- Managing your Diabetes
- Physical Activity
- Nutrition and Portion Control
- How to test your Blood Sugar
- Prevention of Complications
- And More...

You can Participate if you are:

- At Least 18 years old
- Latino and *Spanish-speaking*
- Living with Diabetes

Move to a Tropical Rhythm!

Exercise Classes and
Nutrition Education

for Adults 18 years plus

\$1 Dollar a Class!!

**Location: 155 Haverhill St
Lawrence, MA**



Workshops available throughout the community

My Life, My Health

*Stanford University Chronic Disease
Self-Management Program*



Are you living with a Chronic Disease such as Diabetes, Arthritis, Cancer, High Blood Pressure, Asthma, Heart Disease, or others...?

In this **FREE** 6-week group workshop, share with others and learn how to:

- Set and meet your personal goals
- Manage stress and learn how to relax
- Practice simple techniques that can improve your quality of life

Call to take advantage
of these opportunities!
(978) 686-6029



Workshops continued

Livin' the Sweet Life

*Stanford University Diabetes Self-
Management Program*

- Living with Diabetes?
- Feel like your Diabetes is out of control?
- Need help dealing with Diabetes?

In this **FREE** 6-week workshop, share with others and learn how to take back control!



Reaching for Wellness

Diabetes Prevention Workshop



DID YOU KNOW?

Latinos are at high risk of
developing Diabetes

**Learn how you can prevent
Diabetes!**

Call to register for a **FREE** 2-hour workshop