

# Do You Have Type 2 Diabetes?

## The PROMISED Diabetes Group Education Program for Adults with Type 2 Diabetes



Learn how to make healthier choices that fit into your life.  
Your questions and concerns are important and will be  
addressed in a helpful and supportive way.

### ABOUT OUR PROGRAM:

- Nationally recognized by the American Diabetes Association
- Five weekly group sessions
- Day or evening
- In-person or video via Zoom
- **FREE** program

### SOME TOPICS COVERED:

- Eating healthier
- Being more active
- Taking medications
- Making positive changes
- Partnering with your provider
- Dealing with stress

**For more information or to register, please call 718-920-7247.**  
Please ask your provider for a referral (10-hr PROMISED).



\*The American Diabetes Association  
Recognizes this education service as  
meeting the National Standards for  
Diabetes Self-Management Education.



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INSTITUTE**  
for Diabetes & Metabolism

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