



Healthy Eating & Active Living

{ The HEAL Program }

The HEAL Program is designed to help seniors make essential lifestyle changes to better manage their diabetes and/or hypertension. HEAL combines group education, individual counseling, and physical activities under one exciting program! Participants can customize their program modules based on their interest and needs.

PROGRAM MODULES

Please choose to attend the following Health Education classes

NUTRITION (Pick 1)	SELF-MANAGEMENT (Pick 1)	PHYSICAL ACTIVITY (Pick 2)	INDIVIDUAL COUNSELING
Healthy Eating	Chronic Disease Self Management Program (CDSMP)	Tai Chi	6 Individual Counseling Sessions with Health Education Staff
	Diabetes Self Management Program (DSMP)	Aerobic Exercise	
Cooking Matters	Diabetes Empowerment Education Program (DEEP)	Seat Exercise	
		Fun & Fit Exercise	

Program Benefits

- Receive free medical supplies (if insurance does not cover) such as blood pressure machine and glucometer
- Monitor and control diabetes and/or high blood pressure
- Gain knowledge and skills from our workshops
- Receive social support from trained staff & peers
- Improve physical fitness through different exercise classes

Space is limited so sign up today!

If you have diabetes, heart disease, high blood pressure, and/or obesity, and think the HEAL Program is right for you, please sign up with the Health Education department by calling (415) 391-9686 ext. 5843.

NEMS complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).

Chinese 注意：如果您使用中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).



Contact NEMS Health Education :
(415) 391-9686 ext. 5843 | WWW.NEMS.ORG