



Diabetes ReCHARGE:

Living with diabetes, prediabetes, or caring for someone who is? We're here to help you feel better and stay healthy - together.

What is Diabetes ReCHARGE?

A free, 4-session diabetes education and support class made for YOU! Learn in a simple, supportive way alongside others who understand your journey.

WHAT YOU'LL LEARN

Work 1 on 1 with a Community Health Worker and Dietitian to learn:

1. Diabetes overview + healthy eating basics
2. Reading food labels + blood sugar goals
3. Meal planning + simple ways to move
4. Tips for managing medications + reducing stress

Program participants will receive a free workbook and recipes.

JOIN US

Dates: 11/13, 11/20, 12/4, 12/11

Time: 12:00 Noon - 1:15pm

Location: Virtual Zoom Option

Registration required - contact your provider or CHW.

ENROLL BY

Contacting your local Community Health Worker

Call Mailem Granillo at (575) 825-4355 or
Email at mgranillo100@phs.org

Or by asking your provider for a referral. Providers can enroll their patients using the info below:

- Epic (REF#211) CHW
- Location: Northern New Mexico Community Health Worker
- Reason for Referral: Diabetes Education



FOR MORE INFORMATION

View all our courses using the QR code above
or by visiting our website

prescommhealthclasses.com