



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

JOIN US

Dates: 2/6, 2/13, 2/20, 2/27

Time: 10-11:15pm

Location: Tucumcari Senior Center

Address: 523 S 3rd, Tucumcari, NM

Registration required - contact your provider or CHW.

ENROLL BY

Contacting your local Community Health Worker

Call Christina Chavez Trujillo at (505) 205-3667
or Email at cchaveztr2@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