

# **Do you have pre-diabetes, diabetes, or any other chronic disease?**

***Adirondack Health offers a variety  
of free wellness programs to help.***

## **Diabetes Self-Management Education & Support (DSMES) program**

- A six-week, evidence-based program
- 6:30-8:30 p.m. Tuesday nights from March 15 through April 19
- Offered in the spring and fall every year
- In-person in the Redfield Room at the hospital or virtually via Webex

*This program is for anyone with pre-diabetes or diabetes and their support people.*

## **National Diabetes Prevention Program (NDPP)**

- Meets 26 times over the course of a year
- A year-long, evidence-based program
- 5-6 p.m. every other Wednesday night from March 16 through Feb. 8, 2023
- In-person in the Redfield Room at the hospital or virtually via Webex

*This program is for anyone at risk of developing diabetes.*

## **Chronic Disease Self-Management Program (CDSMP)**

- A six-week, evidence-based program
- New classes starting throughout the year
- Different times of day and days of the week
- Two and half hours once a week for six weeks
- Virtually only; loaner tablets available for people without computers

*This program is for anyone with a chronic disease or who supports a person with a chronic disease.*

***Contact Adirondack Health Wellness Coach Amy Kohanski  
at 518-354-0530 for more information and to register.***

