

NowPow Referral Spotlight

February 2021



Project Dulce is a diabetes self-management learning group that meets for 5 weekly virtual gatherings to learn tips for diabetes care and management. It is an evidence-based self-management support and education program. Trenton Health Team's Project Dulce educators are a team of peer educators, certified health specialists, healthy food advocates and fellow diabetics with a common passion for helping manage your diabetes or someone you care for.

A free tablet device is available if technology is a barrier to participation, and will be provided to participants who complete all 5 classes.

Classes cover the following:

- What is diabetes, setting smart goals.
- Identifying carbohydrates, protein and fiber and my plate method.
- Ways to prevent stress and benefits of physical activity
- Understanding why medications are needed, knowing what medication you are taking
- Healthy lifestyles and preventing complications

Eligibility:

Must be a Trenton Resident who is diabetic, prediabetic or taking care of a loved one with diabetes

Nominate an organization or program for our next NowPow Referral Spotlight Newsletter. Send nominations to Jessica Burnett at

jburnett@trentonhealthteam.org

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