



July 6-August 3: Tuesdays 3-4 pm  
Facilitators: Myra Medina & Leslie Sosa  
(956) 994-3319 ext. 131 & 129  
Zoom ID: 896 1929 6009

# Diabetes & Holistic Care

Diabetes self management and reinforce motivation to adopt an active role in diabetes treatment

Psychoeducational group on diabetes and coping skills

