Gain Control, Set Your Own Goals

Our Star Parents

Our Diabetes Education

Classes are designed to provide you with the knowledge you need to gain control of your diabetes. We will help you to set goals and stay motivated to achieve them. Come join us and be on your way to a healthier lifestyle!

Our Mission

Holyoke Health Center is a state licensed 501(c)(3) non-profit organization, originally established in 1970 in the city of Holyoke. The mission of the Holyoke Health Center is to improve the health of our patients by providing comprehensive community-based programs to create a healthy community.

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Healthy Lifestyles Program

Diabetes Management Skills for Learning and Life!

Diabetes Education Classes
Healthy Habits for a Healthy Lifestyle

To join the Holyoke Health Center today!

Our classes provide the knowledge and support you need to take charge of your diabetes. Join us today!

Graduates will understand your Diabetes. What is it? Diabetes: What is it? 
Nutrition: What to eat right 
Medication: Learn to manage your meds. 
Blood Sugar Level: Learn how to check and manage your meds. 
Exercise: Strategies for in-

Self-Management: What to do to get right 
PREVENTION: Learn how to avoid or minimize weight for health. 
We will teach you how to prevent and minimize complications of diabetes. 

Such as: 
Skills we learned in class, such as: 

Reading labels will help you and local 
After you finish the class, we will take a field trip to a local Supermarket. 
Be a Smart Shopper: 

Ana Rodriguez 
But not here! — You’re the medicine and that was it: 
Diabetes use to be you go to the doc-