





Did you know **1 out of 4** Bangladeshis in New York City have Diabetes?

Take control of your diabetes and gain healthy habits!

Join the **DREAM Project!**

**Reduce your blood sugar level, lose weight, gain support and get healthy!**



The DREAM Project is offering a **free six month educational program** for Bangladeshis with diabetes, taught by Community Health Workers, who are Bangladeshi community members trained on the complications of diabetes.

The DREAM training program covers the following:

- o Diabetes and its complications
- o Diet and nutrition
- o Exercise
- o Family support
- o Stress management
- o How to quit smoking
- o And much more...

The DREAM Community Health Workers will connect you to a doctor and help you access other health resources.

The **Diabetes Research Education and Action for Minorities (DREAM) Project** is a five year project under NYU Langone Medical Center's Center for the Study of Asian American Health.

