

Brooklyn Drive Down Diabetes Program

Take Back Your Power with **diabetes!**



CAMBA'S Brooklyn Drive Down Diabetes (B3D) Program helps people with diabetes and pre-diabetes lead healthy, active lives, by providing FREE:

- ♦ **Diabetes counseling and self-management tools**
- ♦ **Nutrition counseling and meal planning education**
- ♦ **Personal training consultations and exercise equipment**
- ♦ **Container gardening classes and gardening supplies**
- ♦ **Advocacy and connection to free and low-cost resources**

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