

GET YOUR DIABETES AND HIGH BLOOD PRESSURE UNDER CONTROL AND FEEL HEALTHIER!

DREAM Initiative is a free health education program led by
Emory School of Medicine in partnership with your doctor.

We help patients lower their blood sugar and blood pressure while learning how to have a healthier lifestyle.

Program Benefits

- 5 group-based health education classes once a month, and one-on-one support to help you achieve your health goals.
- Information on wellness, nutrition, stress relief, and diabetes management.
- Assistance with referrals to healthcare providers and social services.
- Healthy and fun community activities.



Insert Emory Staff Photo

We speak Bengali &
English!

We are here to help! Call us for more information!

Insert Emory Contact Person

Email: Insert Emory Contact Email

Tel: Insert Emory Contact Number