

PHYSICIANS AND HEALTHCARE PROVIDERS

Our staff can provide you with patient referral forms and more information about this program which is based on the National Standards for Diabetes Self-Management.

Please include a copy of your patient's most current lab results for A1C, Blood Glucose, and Lipid Panel when you fax the patient referral form.

The patient referral form is also available on our website, under Community Programs tab:
www.hillscountyhealth.org

Class Topics

- Week 1: Introduction to Diabetes and Reducing Risks
- Week 2: Healthy Eating
- Week 3: Healthy Eating and Being Active
- Week 4: Monitoring
- Week 5: Medications
- Week 6: Healthy Coping

Registration form
available at
www.hillscountyhealth.org
"Community Programs"
"Diabetes"

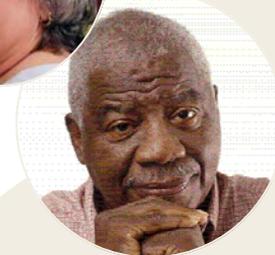
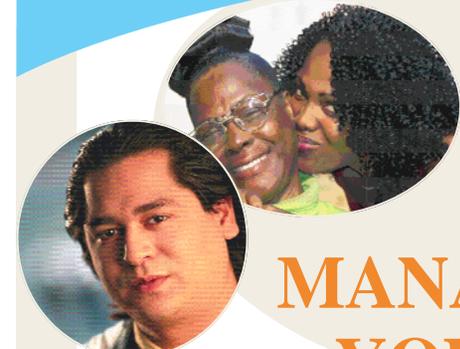


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MANAGE
YOUR
DIABETES

*Don't let
diabetes
manage you!*

Diabetes Self-Management
Education Classes



Diabetes Self-Management Education can help you take charge of your health — and life.

You will increase your knowledge about your disease and...

- Develop problem-solving and coping skills
- Reduce complications that could result from diabetes
- Set your own goals and make a step-by-step plan to achieve them
- Learn how simple changes in diet and activity can help you manage your diabetes and feel better
- Complete a health status self-assessment
- Learn how to communicate better with your doctor

You Can Manage Diabetes!

- Led by a Certified Diabetes Educator and experienced, licensed health care professionals
- Groups meet for 1 1/2 hours per week for 6 weeks in convenient locations in Hillsborough County
- Each class provides valuable tools and information designed to help you take control!



Eligibility and Cost

- Classes are FREE
- Open to adults 18 and older (1 adult family member or support person may accompany participant)
- Must be diagnosed with diabetes
- Registration is required
- Please bring a copy of your diabetes laboratory results to the first class

Groups are forming!

For more information and to register for a class, call the Florida Department of Health - Hillsborough County
(813) 307-8071.