

Learn About Your Diabetes!

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



Diabetes Self Management Education



Florida Department of Health in Hillsborough County

P.O. Box 5135 Tampa, FL 33675

813-307-8009

For more information, visit Hillsborough.FloridaHealth.gov



Take charge of your diabetes.

Florida HEALTH
Hillsborough County



Diabetes Self Management Education WORKS

- Each session provides valuable tools and information designed to help you take control of your diabetes.
- **80%** of participants see improvement in A1c levels (blood sugar).
- Sessions are taught by registered dietitians and experienced health educators.
- Groups meet for **90 minutes a week for 7 weeks** in convenient locations throughout Hillsborough County.

Program Topics

- Reducing Risks of Diabetes
- Healthy Eating
- Carbohydrate Exchanges
- Physical Activity
- Monitoring Blood Sugar
- Medications
- Healthy Coping

For more information
and to register, call
813-307-8009

Small Changes, Big Impact

Eligibility and Cost

- Classes are FREE
- Open to adults 18 and older
(One support person may accompany a participant.)
- Must be Diagnosed with Diabetes
- Registration is Required
- Provide a copy of your most recent A1c test.

