



### Improve Your Health Through Education

Diabetes Prevention  
(407) 665-3011

Diabetes Self-Management  
(407) 665-3339

## Take Control of Your Diabetes

The Florida Department of Health in Seminole County offers Diabetes Intervention Services including the:

- Diabetes Prevention Program
- Diabetes Self-Management Program

These programs will improve access to diabetes education and prevention information for adults and help those with diabetes manage their health.

For more information visit  
<http://seminole.floridahealth.gov>



# Do you or someone you care about have diabetes?



If you are ready to make small changes and enjoy the benefits of a healthier, more energetic lifestyle... the Florida Department of Health in Seminole County **Diabetes Self-Management Program** is for you.

The Diabetes Self-Management Education program includes 12 hours of instruction from a licensed professional, dietitian or nurse.

Topics include:



What is Diabetes?



Healthy Eating



Being Active



Monitoring Blood Sugar



Medication



Problem Solving and Reducing Risks



**New classes starting soon!**

**For more information or to register call (407) 665-3339.**