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.