

# DiaBEATers\*



Healthy Eating  
Being Active  
Monitoring  
Taking Medication  
Problem Solving  
Healthy Coping  
Reducing Risks



- WHO:** People living with diabetes
- WHAT:** Meeting to Improve Diabetes Self-Care Behaviors
- WHEN:** May 10, 2016 1:00-4:00 p.m. *Diabetes Control*  
May 17, 2016 1:00-4:00 p.m. *Healthy Coping & Being Active*  
May 24, 2016 1:00-4:00 p.m. *Healthy Eating*
- WHERE:** Florida Department of Health in Jackson County  
Multi-Purpose Room (Room 103)  
4979 Healthy Way, Marianna
- HOW:** Call 850-526-2412 extension 282 or email  
WellnessBuddy@flhealth.gov for more information

*\*Medicare, Blue Cross Blue Shield or other insurance will be billed for services. Attendees may choose to pay full fee instead of participating in our eligibility process.*



*Making it Real!*

