

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: **Wednesday, Dec 7** 9:00-11:00 a.m. **Healthy Eating**
(Meal Planning, Carb Counting, etc.)
Wednesday, Dec 14 9:00-11:00 a.m. **Healthy Eating**
(Barriers, Label Reading, Eating Out, etc.)

WHERE: Florida Department of Health in Jackson County
Diabetes Self-Management Education Room
4979 Healthy Way, Marianna

HOW: Call 850-526-2412 ext. 282

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 determination process.*



Making it Real!

DEAP
DIABETES EDUCATION
ACCREDITATION PROGRAM

