

# 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, Nov 9** 9:00-11:00 a.m. *Healthy Eating (Meal Planning, Healthy Cooking, etc.)*  
**Wednesday, Nov 16** 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

