

# DiaBEATers\*\*

Meeting to Improve Diabetes Self-Care



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



- WHO:** People living with Diabetes (with Health Care Provider Referral)
- WHAT:** *Meeting to Improve Diabetes Self-Care Behaviors*
- WHEN:** Aug 17 8:30-11:00 a.m. Monitoring BG, Taking Medication as Prescribed, Reducing the Risk of Complications\*
- Aug 24 8:30-11:00 a.m. Coping with Stress and Emotional Issues and Being Physically Active\*
- Aug 31 8:30-11:00 a.m. Eating Healthier\*
- \*Health Care Provider referral must be received before attending meetings.*

**WHERE:** Florida Department of Health in Jackson County  
Diabetes 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!*

