

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:**
- Feb 7 1:00-3:00 p.m. *Monitoring BG, Taking medication as prescribed*
 - Feb 14 1:00-3:00 p.m. *Reducing the risk of complications*
 - Feb, 21 1:00-3:00 p.m. *Coping with stress and emotional issues, Being physically active*
 - Feb 28 1:00-3:00 p.m. *Eating healthier*

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!

