

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: **July 6** 8:30-11:00 a.m. **Monitoring BG, Taking Medication as Prescribed, Reducing the Risk of Complications**
July 13 8:30-11:00 a.m. **Coping with Stress and Emotional Issues and Being Physically Active**
July 27 8:30-11:00 a.m. **Eating Healthier**
Individual appointments can be scheduled with Health Care Provider referral.

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!

DEAP
DIABETES EDUCATION
ACCREDITATION PROGRAM

