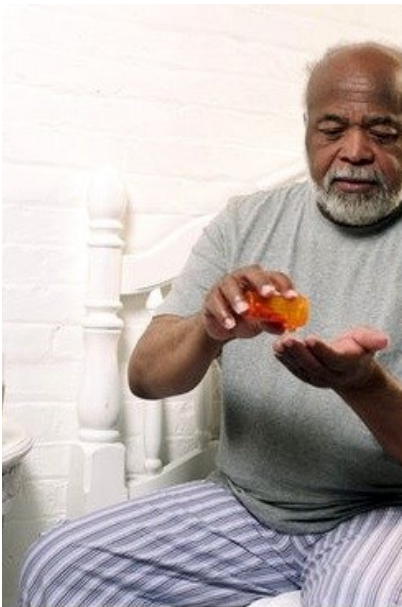


DiaBEATers*



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:** **May 4** 1:30-4:00 p.m. **Monitoring BG, Taking Medication as Prescribed, Reducing the Risk of Complications**
May 11 1:30-4:00 p.m. **Coping with Stress and Emotional Issues**
May 18 1:30-4:00 p.m. **Eating Healthier**
May 25 1:30-3:00 p.m. **Being Physically Active**
Individual appointments are available upon request.

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

