

Diabetes Self-Care Meetings**



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



WHO: People living with Diabetes (Health Care Provider Referral required)

WHAT: *Meeting to Improve Diabetes Self-Care Behaviors*

WHEN: Oct 18 (Wed) 8:30-11:30 a.m. Monitoring, Taking Medication and Reducing Risks*

Oct 19 (Thur) 8:30-11:30 a.m. Problem Solving, Healthy Coping and Being Active*

Oct 25 (Wed) 8:30-11:30 a.m. Healthy Eating*

**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 , Fax 850-372-6420

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!

