

DIABETES SELF-MANAGEMENT EDUCATION PROGRAM

MANAGE YOUR DIABETES

*Don't let diabetes
manage you!*

This FREE 6-week program is offered through the Florida Department of Health – Hillsborough County.

You Can Manage Diabetes!

- Classes are led by a Registered Licensed Dietitian/ Nutritionist or a Health Educator
- Each class provides valuable tools and information designed to help you take control of your diabetes

REGISTER NOW!

Contact Us (813) 307- 8015 Ext: 7111
Florida Department of Health - Hillsborough County

Eligibility: Must be over the age of 18 and have a diagnosis of diabetes to participate – can bring a support person or spouse

Thursdays, January 5 – February 16, 2017

Kab's Pharmacy, 12:00 – 1:30 pm
759 W. Brandon Boulevard, Brandon, FL 33511

Cost: **FREE**- Registration is required

