



# Making a lifestyle change is hard—we can help!

## Diabetes Prevention Program

### 16 Weeks of Classes and Monthly Maintenance

- Learn the skills to manage weight, be more physically active, and manage stress.
- Receive support from a lifestyle coach.
- Bond with others sharing your same struggles.

## Diabetes Self Management Education Program

### 6 Week Program

- Manage the symptoms of diabetes.
- Increase your quality of life.
- Reduce the risk of additional complications.
- Achieve and maintain a healthy weight.

*Make a commitment to your health by signing up!*

To enroll in either program, contact us at 386-313-7120 or [chd18webmaster@flhealth.gov](mailto:chd18webmaster@flhealth.gov)