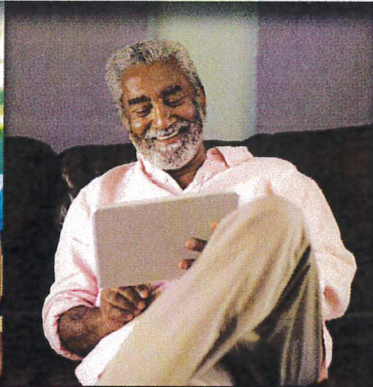


Public Health - Dayton & Montgomery County

Free

Free

Diabetes Self-Management Education Program Online Classes



We offer FREE classes on
Tuesdays from 6 - 7 pm and
Thursdays from 9 - 10 am
SPANISH ONLY: Wednesdays
from 12 - 1 pm

- Diabetes Management
- Healthy Eating and Meal Planning
- How to Control Cholesterol Levels
- Weight Loss Strategies

Our Diabetes Support Group
meets the 2nd Tuesday of the
month from 11:30 am - 12:30 pm
and the 2nd Thursday of the
month from 5:30 pm - 6:30 pm

Diabetes is the 7th Leading Cause
of Death in Montgomery County

Diabetes is a disease that can
lead to high cholesterol, high
blood pressure, and serious
health problems.

- The chance of acquiring
diabetes increases with age.
- The odds of becoming diabetic
for Blacks are much greater
than for Whites.

Upon completion of this course you will receive a certificate of completion and an opportunity to schedule a personal consultation with a registered dietitian.



Public Health
Prevent. Promote. Protect.
Dayton & Montgomery County

**American
Diabetes
Association.**

Cure • Care • Commitment™

*The American Diabetes Association
recognizes this education service as
meeting the National Standards for
Diabetes Self-Management Education.



Call 224-3766 to learn more, or visit us at www.phdmc.org.