



Diabetes Self Management Program

Health Department



Check your Blood Sugar as directed



Eat a healthy diet



Take your medicine as directed



Exercise

The *Diabetes Self Management program* is a certified **three** session program that teaches you the basics of Diabetes, and gives you the tools you need to help manage this disease.

Session 1: Meet with a Registered Dietitian

Session 2: Attend a day of Class

Class Topics:

- What is diabetes
- Exercise /Physical Activity
- Meal Planning
- Meters & Testing Blood Sugars
- Medications
- Stress Management
- Foot Care
- Avoiding Complications

Session 3: Follow-up appointment with program staff

For more information:

Harnett County Health Dept

307 W. Cornelius Harnett Blvd Lillington

- Belinda Rayner 910-814-6196
- Beverly Gore 910-814-6240

Physician's Referral Required

www.harnett.org

Referral forms can be downloaded from our website.