



YOU CAN THRIVE WITH DIABETES

Do you want to:

- ☐ Improve your blood sugar and A1c levels?
- ☐ Keep your blood pressure on target?
- ☐ Better manage your cholesterol numbers?
- ☐ Learn about diabetes supplies?

Then Diabetes Education can help!

Diabetes education will help you learn how to manage your diabetes and be as healthy as possible by focusing on seven self-care behaviors: healthy eating, being active, monitoring, taking medication, problem solving, healthy coping and reducing risks.

Michael A. Randolph, MD is bringing diabetes education to you! This Diabetes Self-Management Education and Support (DSME) course will be led by a registered dietitian and will meet right in the main office. Classes will be held once a week and will start with an individual one-on-one meeting with the registered dietitian to come up with a unique plan just for you.

DSME is covered by Medicare and most commercial insurance - if you have questions about coverage please call for more info.

**Please join us for a free orientation on
June 13th at 12:15 - 1:15 pm
To RSVP call (410) 554 - 6489 option 4**

**If you cannot make it to the orientation but are still interested, please
call (410) 554 - 6489 option 4**



**30.3
MILLION**

30.3 million
people have
diabetes



That's about 1 out of every 10 people



**\$245
BILLION**

Total medical costs and lost
work and wages for people
with diagnosed diabetes

**If you have diabetes,
the best time to take action is now!**

Diabetes Self-Management Education and Support

Program Schedule

July 11 & 18, 2019 will be individual sessions dedicated to creating a unique education plan just for you.

Classes will be held in the Johnston Meeting Room (near the UMH Hospital Cafeteria) from 12:15 - 1:15 pm

- | | |
|----------------------|--|
| ❖ August 1, 2019 | Introduction to Diabetes and Prediabetes |
| ❖ August 8, 2019 | Healthy Eating with Diabetes |
| ❖ August 15, 2019 | Being Active |
| ❖ August 22, 2019 | Taking Medication |
| ❖ August 29, 2019 | Monitoring |
| ❖ September 5, 2019 | Problem Solving |
| ❖ September 12, 2019 | Healthy Coping |
| ❖ September 19, 2019 | Reducing Risks |

