



DATE _____

NAME _____

To help you better manage your diabetes or prediabetes,

our office highly recommends that you visit
healthydelaware.org/diabetes

There, you will find available educational programs and classes you can enroll in. They will help you to:

- understand the disease and how to manage it
- develop an action plan best for you
- make choices about treatment and medications
- develop healthier behaviors and eating habits
- live well and possibly beat the disease

Courses are taught at local hospitals, healthcare facilities and community settings with convenient times and locations.

View them at **healthydelaware.org/diabetes**

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DELAWARE HEALTH AND SOCIAL SERVICES
Division of Public Health

Diabetes and Heart Disease Prevention and Control Program