

Diabetes Education

JCHD Diabetes Self-Management Education Program

Improve your skills in the areas of:

- Healthy eating
- Being active
- Monitoring
- Taking medications
- Problem solving, and
- Healthy coping



3 Classes

- Class 1 Diabetes Control
- Class 2 Healthy Nutrition
- Class 3 Exercise & Stress Management



Instructors

Sandy Helms, ARNP, CDE
Mary Beth Gurganus, LD/N
Latresha Pittman, MS
Kelly Swearingen, Certified Personal Trainer

JCHD Diabetes Self-Management Education Program

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Providing guidance and support to make the “healthy choice the easy choice.”