



The Delaware Diabetes Self-Management Program (DSMP)

FREE Diabetes Education

Saturdays 10:00 AM – 12:30 PM

May 6, 2017 – June 17, 2017

Dates: 5/6, 5/13, 5/20, 6/3, 6/10, 6/17

(Note: No class Saturday, May 27 Memorial Day Weekend)

- Help you prevent and/or delay health complications
- Help you make better food choices and lose weight
- Help you better control your glucose levels through exercise and stress management

**More knowledge about diabetes can improve your life!
Call today and sign up for this free workshop!**

To register online <http://tinyurl.com/WPLdiabetes> or call 302-571-7400 ext2401

For more information visit our website at <http://www.dhss.delaware.gov/dhss/dph/dpc/diabetesselfmgt.html>