



The Delaware Diabetes Self-Management Program (DSMP)

FREE Diabetes Education

University of Delaware General Services Building

222 South Chapel Street Newark, DE 19716

Room 130

Newark, DE 19716

When? Sept 30 – November 4, 2015

Every Wednesday from 2:00 – 4:30 p.m.

More knowledge about how to manage your diabetes can:

- Help you prevent and/or delay health complications
- Improve your hemoglobin A1C (average blood sugar reading)
- Help you make better food choices and lose weight
- Help you better control your glucose levels through exercise and stress management
- Help you communicate better with your health care providers

More knowledge about diabetes can improve your life!

Call today and sign up for this free workshop!

To register contact Kirsten Morris at 302-831-6136

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