DOH-CITRUS HOSTS FREE DIABETES CLASSES

CONTACT:
Audrey Stasko, Public Information Officer
Audrey.Stasko@FLHealth.gov
352-423-0775, cell
352-513-6057, work

Anyone looking to discover fresh, practical ways to manage their diabetes and live a healthier life is invited to attend the Florida Department of Health in Citrus County (DOH-Citrus) and Elder Options’ Diabetes Empowerment Education Program from noon to 2 p.m., starting on Wednesday, February 5 at the Coastal Region Library, 8619 W. Crystal St. in Crystal River.

The six-week course is open to the public and provided at no cost on these dates: February 5, February 12, February 19, March 4, March 11, and ends March 18. Participants will receive tools and information to manage and take control of their health through a series of interactive sessions. The program covers the following topics:

- Diabetes risk factors
- Identification and prevention
- Medications and medical care
- Understanding how the body works
- Monitoring your body
- Mobilizing family and friends
- Meal planning
- Physical activity

To register, call 352-513-6077 or email Carmen.Hernandez@FLHealth.gov. Seats are limited and registration is required.

For more information about DOH-Citrus, visit www.CitrusCountyHealth.org or follow us on Twitter at @FLHealthCitrus.

About the Florida Department of Health

The department, nationally accredited by the Public Health Accreditation Board, works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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