

Do you have diabetes?



Join the Orange County Diabetes Self-Management Education Program

Anyone with diabetes can lead a healthy lifestyle with the right information and support. The Diabetes Self-Management Education (DSME) Program offers counseling and classes to help adults with diabetes manage their disease.

The DSME Program is open to Orange County residents (age 18+) who have type 2 diabetes. The program includes individual and group classes on the following topics:

- Diabetes
- Fitness and Nutrition
- Controlling Blood Sugar (A1C Levels)
- Managing Medications
- Preventing Diabetes-Related Health Problems

Stay in control of your diabetes.

To learn more call,
919-245-2381

or visit us online at
www.orangecountync.gov/health/dsme.asp



Orange County

Diabetes

Self-Management Education Program

An Orange County Health Department Program
300 W. Tryon Street • Hillsborough, NC 27278