



# Diabetes Self-Management Program

*An SMRC Evidence-Based Self-Management Program Originally Developed at Stanford University*

**Escambia County is offering a FREE 6-week, in-person class that meets once weekly.**

## September Cohort

Fridays

Starting September 12, 2025

thru

October 17, 2025

10 a.m. - 12:30 p.m.

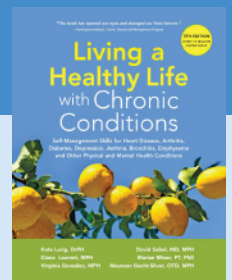
Florida Department of Health  
1295 West Fairfield Dr.  
Pensacola, FL 32501

### Learn the skills to manage your diabetes like:

- Monitoring
- Preventing Low Blood Sugar
- Preventing Complications
- Strategies for Sick Days
- Foot Care

### Discuss topics like:

- Pain Management
- Healthy Eating
- Physical Activity and Exercise
- Problem Solving and Action Planning
- Medication Usage



**Call 850-316-2756,  
850-316-2754, or scan  
the QR Code to register.**

