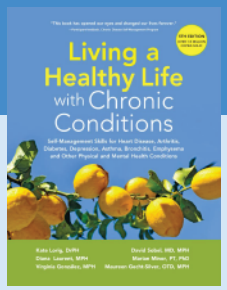
Diabetes Self-Management Program

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.

March Cohort
Tuesdays
Starting March 17, 2026
Noon - 2:30 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.

Center for Change

SMRC Self-Management Resource Center

Florida HEALTH