



DIABETES SELF MANAGEMENT PROGRAM

Halifax County Health Department

If you have diabetes and have trouble controlling your numbers, this program is for YOU!

Halifax County Health Department
is offering an
AMERICAN DIABETES ASSOCIATION CERTIFIED
Diabetes Self Management Program.

Program Includes:

- How to monitor
- Meal Planning
- Medications
- Complications
- Sick Day Care
- Stress Management



To enroll is simple—Call 252-583-5021 for a referral form and to make an appointment for an initial assessment.

Halifax County Health Department

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