



Making a lifestyle change is hard—we can help!

Diabetes Prevention Program

16 Weeks of Classes and Monthly Maintenance

- Learn the skills to manage weight, be more physically active, and manage stress.
- Receive support from a lifestyle coach.
- Bond with others sharing your same struggles.

Diabetes Self Management Education Program

6 Week Program

- Manage the symptoms of diabetes.
- Increase your quality of life.
- Reduce the risk of additional complications.
- Achieve and maintain a healthy weight.

Make a commitment to your health by signing up!

To enroll in either program, contact Carol Kazounis at
386-326-3223 or Carol.Kazounis@FLHealth.gov