



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, call 386-313-7114 or email Jaffy Lee at Jaffy.Lee@FLHealth.gov

Next session to begin on Thursday, December 4th from 10:30AM-11:30AM.

Location: Florida Department of Health-421 South Keech Street, Daytona Beach