

Diabetes Self-Management Education Program

Free

Free

Public Health - Dayton & Montgomery County

Dr. Charles R. Drew Health Center
1323 W. Third Street
Dayton, OH 45402



Call to Learn More
225-4189 or 225-4026

Receive a personal consultation with a certified diabetes educator and a registered dietician.

We Offer Free Classes on
Tuesdays from 9 - 11 am:

- Diabetes Management
- Healthy Eating and Meal Planning
- How to Control Cholesterol Levels
- Weight Loss Strategies

We have a Diabetes Support Group that meets the 2nd Tuesday of the month from 11:15 am - 1:00 pm. Family members and friends are encouraged to attend.

Diabetes is the 7th
Leading Cause of Death
in Montgomery County

Diabetes is a serious disease that can lead to high cholesterol, high blood pressure, and devastating health complications such as

- eye diseases
- dental diseases
- kidney diseases
- amputation
- premature death

The chance of acquiring diabetes increases with age.

The odds of becoming diabetic for Blacks are much greater than for Whites.



Public Health
Prevent. Promote. Protect.
Dayton & Montgomery County



Cure • Care • Commitment™

*The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.



Call 225-4189 or 225-4026 to learn more and get started, or visit us on the web at www.phdmc.org.

Diabetes Self-Management Education Support Group Meetings

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**Did you know 29.1 million Americans
have diabetes and 86 million
have prediabetes?**

Diabetes can be an overwhelming disease because it impacts so many areas of your daily life. It's important to have support from family, friends and others with diabetes. Don't underestimate the importance of a good support group.

The Support Group meets the second Tuesday of each month from 11:00 am until 1:00 pm. at Drew Health Center.



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