

# HALIFAX HEALTH

# DIABETES EDUCATION

Twenty-four million Americans have diabetes and fifty-seven million Americans have pre-diabetes. If you or someone you know has diabetes or pre-diabetes, Halifax Health can help.

We offer a comprehensive diabetes education program that is recognized by the American Diabetes Association for meeting national standards for diabetes self-management education.

With a team of Certified Diabetes Educators, nurses, exercise physiologists and a dietitian we are dedicated to teaching you how to manage diabetes. We have services to meet your individual needs, whether you have recently been diagnosed or have had diabetes for many years.

Our goal is to help you live the healthiest life possible with diabetes.

## SERVICES OFFERED

- Individual pre-class assessments and goal setting
- Group classes (full day and part-day)
- One-on-one diabetes counseling
- Nutrition counseling with a dietician
- Pregnancy/gestational diabetes counseling
- Blood glucose monitor instruction (a free glucometer is provided to patients)
- Carbohydrate counting for insulin pump users
- Insulin injection instruction
- Follow-up and free support

## CLASS TOPICS

- Diabetes disease process and treatments
- Dealing with high and low blood sugars
- Preventing and treating complications of diabetes
- Strategies for better health and behavior change
- Stress management, depression and other psychosocial issues
- Monitoring and understanding blood glucose numbers
- Medications
- Physical activity
- Nutrition

## TO REGISTER

**Call 386.258.4829 for more information or to set up an appointment.**

We can help contact your doctor for a referral and also check your insurance coverage.

## LOCATION

**HALIFAX HEALTH  
PROFESSIONAL BUILDING**  
311 N. Clyde Morris Blvd., Suite 440  
Daytona Beach, FL 32114



**HALIFAX  
HEALTH**

[halifaxhealth.org](http://halifaxhealth.org)