



You can **Thrive** with Diabetes

Living with Diabetes is Not Easy



Improve your blood sugar and A1C levels



Save money on diabetes supplies




Feel like your not alone dealing with diabetes

Get Answers, Information and Support to Take Charge

Centralina's Diabetes Self-Management Education and Support

- Individual Sessions with a Registered Dietitian
- Group Education and Discussion
- Your questions answered
- Virtual Option Available

All services are covered by Medicare and private insurances



60%
of people with diabetes have never received formal diabetes education (DSMES). Don't manage your diabetes alone.

Putting it All Together

Your Questions Answered with Diabetes Education

Healthy Eating

Practice healthy eating without giving up your favorite foods

What carbohydrates can I eat

Monitoring

What should I do if my blood sugar is too high to too low

When should I monitor my blood sugar

Being Active

How does physical activity impact my diabetes management

Try exercises that work for you

Taking Medication

Do all my medicines work together to control my blood sugar

When and how should I take my medications

Healthy Coping

Take steps to reduce any negative impacts diabetes management may have on your life

Managing diabetes can create mixed emotions

Reducing Risks

Understand the risks of ignoring diabetes management

Reduce your chance of diabetes-related complications

Problem Solving

Learn skills to prepare for unexpected problems in diabetes management

Everyone encounters problems



Find out about upcoming workshops or for a free consultation, click [here](#).

Contact Centralina DSMES and MNT Services

Margaret White, MSW, RD, LDN

T: 704.385.4789

E: mwhite@centralina.org



DSMES is offered by Centralina Area Agency on Aging, a department of Centralina Council of Governments.