What People Are Saying About DSME...

"I enjoyed listening to many different stories from others about their diabetes. I loved everything about the class because it’s helping me."
- Class Participant

"The DSME program has been so helpful. I’ve had diabetes for 10 years and I understand what to do now."
- Class Participant

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DIABETES SELF-MANAGEMENT EDUCATION
Our program is open to Durham County residents (ages 18+) who have pre-diabetes or type 2 diabetes.

WHAT IS TAKING CARE WITH DIABETES?
Taking Care with Diabetes is a Diabetes Self-Management Education Program. We offer counseling and classes to help adults with diabetes manage their disease.

HOW WILL THIS HELP?
Anyone with diabetes can lead a healthy lifestyle with the right information and support. Join us and learn about:

- Nutrition and fitness
- Controlling blood sugar (A1c)
- Managing stress and sick days
- Weight control
- Preventing diabetes-related health problems

HOW CAN I SIGN UP?
Talk to your doctor about being referred to the Taking Care with Diabetes Program.

You will receive up to 10 hours of comprehensive diabetes education with a Certified Diabetes Educator.