



Diabetes Self-Management Education

Learn how to take control of your diabetes and improve your life!

- 8-hour program taught as full-day, weekly series or 4-part series
- Classes offered in English and Spanish
- Includes quarterly lab work and continuing education with a health educator for one year
- Locations in Alice, Corpus Christi, Cuero, Hebbronville, Kingsville, Rockport, Robstown and Victoria

For more information and to register for a class:

Phone: (361) 561-8584 or 1-866-524-1408

Fax: (361) 561-8644