The Healthy Living with Diabetes Program is offered close to you.

Community Oriented Primary Care locations:

Bluitt-Flowers Health Center  
303 E. Overton Road                      Dallas, TX 75216

deHaro-Saldivar Health Center  
1400 N. Westmoreland Road        Dallas, TX 75211

Garland Health Center  
802 Hopkins St.                                Garland, TX 75040

E. Carlyle Smith, Jr. Health Center at Grand Prairie  
801 Conover Drive                      Grand Prairie, TX 75051

Hatcher Station Health Center  
4600 Scyene Road                                Dallas, TX  75210

Irving Health Center  
1800 N. Britain Road                             Irving, TX  75061

Homeless Outreach  
4811  Harry Hines Blvd.                      Dallas, TX  75235

Southeast Dallas Health Center  
9202 Elam Road                                Dallas, TX 75217

Parkland location:  
Parkland Center for Internal Medicine & Diabetes Specialty Clinic  
5201 Harry Hines Blvd.                               Dallas, TX 75235

If you are interested in our Healthy Living with Diabetes program, please ask the provider for details.
You are not alone

Almost 30 million Americans have diabetes.

Your team

The Healthy Living with Diabetes Program has a team of professionals ready to give you the skills you need to feel healthy today and in the future.

The program will help you to learn how to take care of your diabetes.

You will learn about:

- Diabetes
- Healthy eating and exercise
- Checking blood sugar
- Taking your medicines
- Solving problems
- Lowering stress
- Preventing problems from diabetes

The education program is taught by:

- Doctors
- Pharmacists
- Nurse Practitioners
- Nurses
- Dietitians
- Social Workers
- Psychologists
- Health Educators

Schedule

Your Healthy Living with Diabetes team will show you how to control your blood sugar. Controlling your blood sugar can help prevent diabetes complications. For best results, it is recommended to attend all classes.

Diabetes Education Program:

Initial Assessment

Session 1: Basics of Diabetes and Problem Solving
Session 2: Healthy Eating and Exercise
Session 3: Taking Your Medicines
Session 4: Lowering Your Risk
Session 5: Monitoring Your Sugar
Session 6: Stress and Coping

Follow-up Class:

This occurs 3 to 6 months after you finish sessions 1 through 6. Come share how you are doing and learn tips to improve your health.

Take good care of your diabetes. Keep your appointments with your provider and receive routine screenings and visits after this program.