



About the Program

Parkland Health and Hospital System's *Healthy Living with Diabetes Program* has been Recognized by the American Diabetes Association for Quality Self-Management Education* and Support.



*The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

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.



Healthy Living with Diabetes



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.