As a team of Registered Dietitians and Nurses, we have over 25 years of combined experience in diabetes education.

The Pitt County Health Department has been recognized by the American Diabetes Association for Quality Self-Management Education and Support*. Living with diabetes can be a challenge, but you’re not alone!

Call us today or ask your doctor for a referral to our program!

*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education and Support.
Diabetes Education Program

**Who:** Anyone with Diabetes or Pre-Diabetes.

**Why:** Learn behaviors that will help you meet your diabetes goals.

**When:** Sign up at any time. Participate in up to 10 hours of education the first year.

**Where:** Pitt County Health Department.

**What:**
- Learn how to fit your favorite foods into your eating plan.
- Find out about new treatments and tools.
- Maintain the changes you have made so you don’t slip into old habits.
- Get free product samples, cookbooks, DVDs and other resources.
- Create a plan to fit your needs.

**PROGRAM TIMELINE**

- Initial Consult
- 4 Group Classes
- Support Phone Call
- Refresher Class
- Go For Your Goals!

**INTERESTED IN ENROLLING?**

Call 252-902-2361 or Talk with Your Doctor Today! (Referral Required)

**Cost**
- Medicaid covers 100% and can provide transportation.
- Blue Cross/Blue Shield (BCBS) accepted
- No insurance? No Problem! Call us. We can help.

What participants are saying about our program:

“I received knowledge and fun.”

“We really learn, able to ask questions, and have fun. I really love it.”

“...it gives you a chance to vent and to see yourself working toward maintaining a healthy lifestyle.”

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