



**DO NOT GET OVERWHELMED.
LET A DIABETES EDUCATOR HELP YOU!**

The City of Port Arthur Health Department is providing Diabetes Education every Tuesday at 449 Austin Ave from 12:00 pm- 1:00 pm in the 2nd floor conference room.

Free Lab work is included.

For further information, please contact the Health Department at (409) 983-8862

Facts:

- Diabetes is a complex disease and requires regular care
- It is important that you get the information you need
- People who see a diabetes educator have fewer hospitalizations

A Diabetes Educator will:

- Teach you about nutrition
- Help you discover a realistic new way of eating
- Help you become more active
- Help you achieve real results
- Show you how to monitor your blood glucose
- Talk to you about your medications
- Help you identify problems and resolutions
- Help you gain confidence in diabetes self-management