



Support  
that helps  
**YOU**  
manage your  
diabetes.



**U.S. Department of  
Health and Human Services**  
Centers for Disease  
Control and Prevention

**Did you know?** Personalized services to manage your diabetes can help you:

- ✓ Set and track your health goals.
- ✓ Learn how to use knowledge, skills, and tools to manage your diabetes.
- ✓ Practice how to fit diabetes care into all parts of your life.
- ✓ Find ways to get support when you need it.



**DSMES SERVICES IN YOUR COMMUNITY**

Enter your program's contact information here

**Call or visit us today!**