



Program Eligibility

18 years+
Work/live in Sullivan County
Diagnosis of Type 1
or Type 2 diabetes

HEALTH EXTENSION FOR DIABETES

A community-based diabetes education and support group



Do you need help better managing your diabetes? **Health Extension for Diabetes** is for people who have been diagnosed with either type 1 or type 2 diabetes.

The program provides participants with:

- diabetes education
- self management resources
- ongoing support to better manage diabetes and health education through weekly health coach calls.

Group members meet 1 hour, bi-weekly, for 8 sessions & will receive tangible tools each session to help manage diabetes!

Participants are eligible to receive financial compensation upon program completion.

REGISTER AT

[HTTPS://TINYURL.COM/HEDSULLIVANCO](https://tinyurl.com/hedsullivanco)

UPCOMING CLASSES

KINGSPORT SENIOR CENTER
MONDAYS, 10-11 AM
STARTING AUGUST 18TH
MEETS BI-WEEKLY

Contact

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UT Extension

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**HEALTH EXTENSION
FOR DIABETES**
CLEMSON® UNIVERSITY

SULLIVAN COUNTY
UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE