

HEALTH EXTENSION FOR DIABETES

A community-based diabetes education and support group



Looking for support managing your diabetes?

Health Extension for Diabetes is designed for adults living with Type 1 or Type 2 diabetes.

Program Eligibility

- Adult (18 years+)
- Diagnosis of Type 1 or Type 2 diabetes

DIABETES SUPPORT PROGRAM

- (8) 1-hour group sessions, meeting bi-weekly
- Diabetes education & self-management resources
- Tangible tools provided at each session
- Ongoing support with weekly health coach check-ins

REGISTER:

[TINY.UTK.EDU/HED](https://tiny.utk.edu/hed)

UPCOMING CLASSES

MONDAYS, 12P.M.
STARTING OCTOBER 5, 2026
MEETS BI-WEEKLY VIA ZOOM

**REGISTRATION REQUIRED BY
9/30**

**For more information, contact
HEDSullivan@utk.edu**

**or visit
diabetesobesityresources.tennessee.edu**



**HEALTH EXTENSION
FOR DIABETES**
CLEMSON® UNIVERSITY

FAMILY & CONSUMER SCIENCES
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INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE