



**Florida  
HEALTH**

# Diabetes

## EDUCATION CLASSES

**Do you have diabetes or are at risk of developing diabetes?**

Learn how to manage your diabetes and develop healthy lifestyle habits that aid in diabetes prevention. Attend monthly classes at the Florida Department of Health in Hernando County.

Visit one of our convenient locations in the county or call, 352-540-6800 to learn more.

Ask about our Insulin Distribution Program.

\*Receive a glucose meter while supplies last.

Find availability at each location from 1 - 2 p.m. :

**2<sup>nd</sup> Thursday**

**7551 Forest Oaks Blvd  
Spring Hill, FL 34606**

**4<sup>th</sup> Thursday**

**300 S. Main St.  
Brooksville, FL 34601**