



Taking Care of Diabetes Program

About Esse Health's Taking Care of Diabetes Program

At Esse Health, we want to provide you with the knowledge and resources available to successfully manage your diabetes. Our monthly "Taking Care of Diabetes" programs are led by our experienced diabetes educators. During these meetings you'll have the opportunity to ask questions, learn from others and receive educational information.

Support groups work for all types of lifestyle changes. Diabetes support groups have been shown to increase knowledge of diabetes care and the ability to follow through. Through our "Taking Care of Diabetes" program you are able to gain a sense of hope so you can change your eating and exercise habits. Gain knowledge and support from people just like you!

What is the cost?
None—It's free!

Where can I attend?
Ask the front desk or visit our website at essehealth.com for a complete list of locations.

Who should attend?
All Esse Health adult patients and their family members are encouraged to attend.

Do I need to RSVP?
Yes, we ask that you notify the office where you would like to attend.



www.essehealth.com