



ONSLow CHIP TIP... APRIL

DIABETES MANAGEMENT PLAN—

CHECKLISTS:

- Medication
- Blood sugar levels
- Nutrition and exercise

PUT SOME SPRING

IN YOUR STEP—

DO YOU HAVE DIABETES?

HAVE AN ANNUAL FOOT EXAM

Spring

DIABETES RESOURCES

Diabetes support group

Onslow Diabetes Support Group meets every Tuesday from 9am-11am at 4024 Richlands Hwy. Newcomers are welcome.

Onslow County Health Department

Take control of your diabetes. For more info, please call 910-989-3994

Onslow Memorial Hospital

Visit www.lightenuponslow.org for diabetes info, recipes and weight loss tips

The Burden of Diabetes In Onslow County, North Carolina 2010

www.ncdiabetes.org

LIVING WITH DIABETES WORKSHOP

The Diabetes Self Management Program will be offered on Tuesdays in April/May at Onslow County Senior Services. More info: 910-455-2747

You can also visit the American Diabetes

Association site: www.diabetes.org

More info: www.ncdiabetes.org

Diabetes Prevention and Control Branch | Chronic Disease and Injury Section
Division of Public Health | North Carolina Department of Health and Human Services