

Sampson County Health Department's

Diabetes Self-Management Education

(Accredited by the American Diabetes Association)

- Meal Planning
- Monitoring
- Physical Activity



- Stress
- Complications
- Medication Safety

TO ENROLL:

1. Ask your physician fill out a Referral Form.
2. Your physician will fax the form to our office, then our office will contact you to make an Initial Assessment appointment.
3. Attend the two-part class on a Tuesday/Thursday.
4. Complete a 3 month Follow-up appointment in our office.

"Many of our program participants have seen lower blood sugar levels, lower blood pressures and weight loss."

Let's Get Started!

Lindsey Woodard, RN/BSN – Diabetes Coordinator
Sampson County Health Department

360 County Complex Road, Ste. 200, Clinton, NC 28328

Phone: (910) 592-1131 ext. 4249 Fax: (910) 592-4724 Email: lwoodard@sampsonnc.com

Diabetes Self-Management

Education & Support

2023 Class Schedule

Classes are usually scheduled the 3rd Tuesday & Thursday of each month

Classes are from 8:30 a.m.—12:00 p.m.

Dates are subject to change

Tuesday & Thursday

January 17 & 19

February 21 & 23

March 21 & 23

April 18 & 20

May 16 & 18

June 20 & 22

July—No Classes

August 15 & 17

September 19 & 21

October 17 & 19

November 14 & 16

December—No Classes

Location

Sampson County Health Department

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Clinton, NC 28328

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