



COMMUNITY PROGRAMS

www.pinellaswellness.com

DIABETES SELF-MANAGEMENT EDUCATION CLASSES

The **FREE** Diabetes Self Management classes to assist people in understanding how to control their diabetes and to improve their quality of life.

The program consists of four 2 hour long classes covering these topics:

Week 1 - Understanding Diabetes

Week 2 –Nutrition and Diabetes

Week 3 -Eating Well with Diabetes

Week 4 - Living Well with Diabetes

The program is held at the Largo Community Center 65 4th Street SW in Largo, every Friday from 10:00-11:30 am.

No pre-registration is required.

For more information call 820-4114

FREE adult physical activity sessions open to the public

Bardmoor YMCA

8787 Bryan Dairy Road, Largo
Tuesdays & Thursdays-Aerobics
Time: 8:30 - 9:30 a.m.

Highpoint YMCA

5345 Laurel Place, Clearwater
Mondays & Wednesdays-Aerobics
Time: 6 – 7 p.m.

North Greenwood Rec.

900 N. Dr. M L King Jr. Ave., Clearwater
Tuesdays & Thursdays-Aerobics
Time: 7 - 8 p.m.

FREE awareness presentations are available to community associations, civic organizations and faith based groups on the following topics:

Heart Attack	Diabetes	Physical Activity
Stroke	Nutrition	Tobacco Control & Prevention

SMOKING CESSATION CLASSES

FREE series of classes to assist people who want to quit smoking. Each session is 1 ½ hours long and classes are held once a week. The four week series includes the topics:

Class 1

Studying your habit
Determining your triggers

Class 2

Building motivation
Coping with urges
Making a plan

Class 3

Tobacco Free Start Day
Review your plan
Modify your plan
Withdrawal signs
Maintain your motivation

Class 4

How is the plan working
Stress Management
Weight Control
Relapses
Prevention/recovery
Celebration

Classes are offered at the St. Petersburg Clinic, 2335 22nd Ave S. ,St. Petersburg. Please call 727-327-0333 to register.

FOR INFORMATION ABOUT THIS CALENDAR, PLEASE CONTACT LOIS MILNE AT 727-820-4114 OR E-MAIL: Lois_Milne@doh.state.fl.us

