

# You Don't Have to Manage Diabetes Alone

Living with diabetes can feel overwhelming—but with the right tools, support, and guidance, you can live a healthy, confident life.

**Diabetes Self-Management Education & Support (DSMES)** is designed to help you understand your condition and take control of your health.

## Program Benefits

- ▶ Improve blood sugar control
- ▶ Increase energy and overall well-being
- ▶ Reduce the risk of complications
- ▶ Build confidence in daily self-care



## Who Should Join?

- ▶ Anyone living with diabetes who wants better control
- ▶ People newly diagnosed with diabetes or gestational diabetes
- ▶ Individuals experiencing a major life change that affects their diabetes management

## Flexible Options Available



One-on-one  
sessions



Group  
classes



In-person or  
virtual options

## Find a Program



[cdc.gov/diabetes/education-support-programs/find-a-dsmes-program.html](https://cdc.gov/diabetes/education-support-programs/find-a-dsmes-program.html)