



### **Diabetes Education 30 Sec PSA**

Do you have diabetes? Want to improve your blood sugar levels and keep your blood pressure on target? Then Diabetes Self Management Education and Support can help.

Like many people with diabetes, you may find managing diabetes difficult. Having a game plan and a coach can help you design a specific plan complete with the tools and support you need to thrive.

Diabetes education helps people lower their blood sugar, blood pressure, and cholesterol levels.

To find a diabetes education program near you, visit [Alabama-Public-Health-dot-gov-slash-diabetes](http://Alabama-Public-Health-dot-gov-slash-diabetes).

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