

Aug. 5, 2016

## FREE DIABETES CLASSES

*Health department and Measure Up Marion partner to help residents and their caregivers understand diabetes and take control of the disease*

**Contact:**

Craig Ackerman

[Craig.Ackerman@FLHealth.gov](mailto:Craig.Ackerman@FLHealth.gov)

352-629-0137, ext. 2052



**Ocala, Fla.**—The Florida Department of Health in Marion County and Measure Up Marion are hosting free diabetes classes for residents with type 2 diabetes and their caregivers.

The Diabetes Empowerment Education Program is a six-week course that encourages small lifestyle changes while helping people learn about their diabetes and the way it affects health. Classes are beginning soon in three Marion County locations:

**Tuesday, Aug. 9, Faith Central International Church**

6–8 p.m., 18252 North Highway 441, Reddick, FL 32686

**Thursday, Sept. 8, Marion Oaks Community Center**

9–11 a.m., 284 Marion Oaks Ln, Ocala, FL 34473

**Wednesday, Oct. 5, Belleview Public Library**

10 a.m.–noon, 13145 SE County Hwy 484, Belleview, FL 34420

For information call Kim Pike at 352-629-0137, ext. 2025

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**About the Florida Department of Health**

The department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

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