



Public Health
Prevent. Promote. Protect.

Macon County Health Department
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FOR IMMEDIATE RELEASE

May 4, 2021

Diabetes Self-Management Program Classes to be Held

DECATUR, IL – The Macon County Health Department is offering an evidence-based Diabetes Self-Management Program that is open to the public. Through the program, individuals will learn how to communicate effectively with their doctor and other healthcare professionals, manage symptoms, fight fatigue, build their confidence, eat healthier, and monitor their blood sugar.

Classes are held once per week for two and a half hours. They are FREE and open to all of those affected by diabetes, including family members and caregivers. The classes will be held from 9:00 to 11:30 a.m. every Wednesday for six consecutive weeks starting May 26th. The sessions will be held virtually through Microsoft Teams. The last class takes place on Wednesday, June 30th.

Participants must have:

- an email address.
- an electronic device (desktop computer, laptop computer, tablet, iPad or smartphone).
- internet connection.
- speakers, a microphone, and a webcam either built-in or attached to their electronic device.

For more information on the program and/or to register, please call the Macon County Health Department at (217) 423-6988 ext. 1517.

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For more information, please contact:

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