

FOR IMMEDIATE RELEASE

May 22, 2024

Contact: Amy Dillon, Public Information Officer, adillon@phd5.id.gov

**Empower Yourself with “Live in Control”:
A Free 5-Week Diabetes Self-Management Education Program**

SOUTH CENTRAL IDAHO – South Central Public Health District (SCPHD) is excited to announce the “Live in Control” program, a free 5-week diabetes self-management education program designed to educate, equip, and empower individuals with type 2 diabetes or pre-diabetes to better manage their conditions.

The program encourages participants to bring a family member or friend to attend the classes with them as a “Care Supporter.” This is intended to promote a supportive environment both in class and at home. Each session is in-person and lasts two hours, with the first session being 1.5 hours to accommodate registration and A1C testing. Classes will be conducted by trained facilitators.

Program Schedule:

Thursday, May 30 | 5:30 PM - 7:00 PM (1.5-hour session for registration and A1C test)

Thursdays, June 6, 13, 20, 27 | 5:30 PM - 7:30 PM

Program Location:

South Central Public Health District | Heyburn Office

485 22nd Street

Heyburn, ID 83336

“Live in Control provides a unique opportunity for individuals to learn how to manage diabetes effectively through diet, movement, and other lifestyle changes,” said Adria Masoner, Health Education Specialist, Sr. and class facilitator. “A key component of this program is the Care Supporter who attends the class along with the participant to provide encouragement at home.”



Don't miss out on this opportunity to take control of your health and improve your quality of life. Space is limited, and registration will close once the class is full or by May 30 at 5:00 PM.

To register or for more information, please contact Adria Masoner at 208-678-8221 x2303 or amasoner@phd5.id.gov, or visit the registration page here: bit.ly/LiveInControl

###