

FOR IMMEDIATE RELEASE

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Another Opportunity to Register for “Live in Control” Free 5-Week Diabetes Self-Management Education Program in Jerome

SOUTH CENTRAL IDAHO – Due to scheduling conflicts, South Central Public Health District (SCPHD) has rescheduled the next round of “Live in Control” diabetes self-management classes. “Live in Control” is a free 5-week 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 in English by trained facilitators, with a translator available for Spanish speakers.

Updated Program Schedule:

Tuesday, October 22 | 6:00 p.m. - 7:30 p.m. (1.5-hour session for registration and A1C test)

Tuesdays, October 29, November, 5*, 12, 19, 26* | 6:00 p.m. - 8:00 p.m.

Program Location:

St. Luke's Jerome Medical Center | Barley Conference Room (Ground Floor)

709 N. Lincoln Ave.

Jerome, ID 83338

“This Live in Control class will provide information to help people learn to manage their diabetes effectively through diet and movement. During this session, we will also discuss ways to keep diabetes under control during the holiday season which can be a challenge. Participants are encouraged to bring a Care Supporter to the class that can also offer encouragement at home.” said Adria Masoner, Health Education Specialist, Sr. and class facilitator.



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 September 18 at 5:00 p.m.

To register or for more information, please contact Adria Masoner at 208-654-7403 or amasoner@phd5.id.gov, or visit the registration page here: bit.ly/LiveInControl

*Class may be cancelled for Election Day, November 5. If this is the case, the last class will be held on November 26 rather than November 19.

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