

FOR IMMEDIATE RELEASE

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

Live in Control: Free 5-Week Diabetes Self-Management Education Program Is Coming To Jerome

SOUTH CENTRAL IDAHO – South Central Public Health District (SCPHD) is excited to announce 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.

Program Schedule:

Tuesday, September 24 | 5:30 p.m. - 7:00 p.m. (1.5-hour session for registration and A1C test)

Tuesdays, October 1, 8, 15, 22 | 5:30 p.m. - 7:30 p.m.

Program Location:

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

709 N. Lincoln Ave.

Jerome, ID 83338

“With Live in Control, individuals can learn to take charge of their diabetes by making healthy choices about diet, activity, and lifestyle,” said Adria Masoner, Health Education Specialist, Sr. and class facilitator. “The program features a Care Supporter who joins participants in class and offers encouragement at home. That added support is helpful for participants to establish new habits around making those healthy choices.”



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 24 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

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