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FOR IMMEDIATE RELEASE
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**NMMC-EUPORA CLASS
HELPS PEOPLE MANAGE DIABETES**

EUPORA, Miss.—Whether you are recently diagnosed or have lived with diabetes for years, the Comprehensive Diabetes Self-Management Program at North Mississippi Medical Center-Eupora can help.

The program will be offered Wednesday, Dec. 15, from 7:30 a.m.-4:30 p.m. Participants learn such diabetes management skills as meal planning, blood sugar monitoring and foot self-examination.

The program helps people with diabetes gain greater control of their disease and reduce medical complications, which results in lower medical costs. Discussion includes blood sugar control, acute and chronic complications of diabetes, medication management and psychological aspects associated with the disease. Participants also practice monitoring their own blood sugar levels. The class teaches people with diabetes ways to eat that will help in controlling blood sugar.

The class is partially covered by Medicare and most private insurance companies. Physician referral is required for this program. To register or for more information, call diabetes clinician Liz Orr, RN, at (662) 258-6221, education director Stephanie McIlwain, RN, BSN, at (662) 258-9311 or 1-800-THE DESK (1-800-843-3375).