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**FOR IMMEDIATE RELEASE**

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### **NMMC CLASS HELPS PEOPLE MANAGE DIABETES**

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

Sponsored by the NMMC Diabetes Treatment Center, the one-day program will be offered on Tuesday, Dec. 7. The class meets from 7:30 a.m.-4 p.m.

The program helps people with diabetes gain control of their disease and reduce medical complications. Discussions include blood sugar control, acute and chronic complications of diabetes, individualized meal planning, medication management, exercise and psychological aspects associated with the disease. Participants also practice monitoring their own blood sugar levels.

The class is partially covered by Medicare, some private insurance companies and the NMMC Diabetes Assistance Fund. Physician referral is required for this program.

To register for an upcoming class or for more information, call (662) 377-2500 or 1-800-THE DESK (1-800-843-3375).