

University of Pennsylvania
Health System

Diabetes Education Program *

Call: 215-662-3661

Program includes information on:

- ◆ Disease Process
- ◆ Nutrition
- ◆ Medication
- ◆ Exercise
- ◆ Monitoring
- ◆ Coping
- ◆ High and Low Blood Sugar
- ◆ Preventing/Treating Complications

Registration and one-hour individual pre-program
assessment appointment required.

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*The American Diabetes Association Recognizes
this education service as meeting the National
Standards for Diabetes Self-Management Education.