



Jeb Bush  
Governor

M. Rony François, M.D., M.S.P.H., Ph.D.  
Secretary, Department of Health

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**PINELLAS COUNTY HEALTH DEPARTMENT**

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**Tuesday, November 08, 2005**

**FOR IMMEDIATE RELEASE**

Contact:

Jeannine Mallory, Public Information Director  
PINELLAS COUNTY HEALTH DEPARTMENT  
727-824-6908

**Health Department Offers Free Diabetes Self Management Classes**

The Pinellas County Health Department wants to spread the word that **FREE** diabetes self management classes are available to residents of St. Petersburg, Pinellas Park, Kenneth City and Gulfport, through the Steps to a Healthier FL-Pinellas County grant program.

Diabetes affects 20.8 million people in the United States and more than 93, 000 in Pinellas County. If you have diabetes, chances are you have many questions. To help you answer those questions, and take the first steps toward living well with diabetes, you're invited to attend a diabetes self management program—a program for individuals who have been recently diagnosed with diabetes, their caregivers or those just needing basic information.

**Classes are conducted in several locations:**

Every Monday evening, except holidays  
6-8pm  
Enoch Davis Center  
1111 18<sup>th</sup> Avenue South  
St. Petersburg

Every Monday, except holidays  
10-11 am  
Gulfport Senior Services Center  
5501 27<sup>th</sup> Avenue South  
Gulfport

Every Saturday  
10am-12pm  
Gulfport Neighborhood Center  
1617 27<sup>th</sup> Street South  
Gulfport

Every Thursday (except holidays)  
5-6pm  
Blanton elementary School  
6400 54<sup>th</sup> Avenue North  
Kenneth City

**Call 727-824-4113 to register for any of these classes**

For more information on diabetes visit <http://www.pinellashealth.com/STEPS> and click in the Diabetes Information link. For more information on Steps to a Healthier FL-Pinellas County visit <http://www.pinellashealth.com/STEPS>.



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*The mission of the Pinellas County Health Department is to promote, protect and improve the health and safety of residents and visitors through public and private community efforts.*  
[www.PinellasHealth.com](http://www.PinellasHealth.com)