

Diabetes Support Groups

We have two monthly diabetes support groups for adults. Each features a variety of diabetes-related topics presented by various speakers. They are free and open to anyone interested. Dates and times are as follows:

Boone County

Usually meets from 10 a.m. to noon on the third Friday of each month at the Boone County Health Center, 7505 Burlington Pike, Florence, Ky. 859.363.2060

Campbell County

Meets from 10 a.m. to noon on the second Thursday of each month at the Campbell Senior Center, 3504 Alexandria Pike Highland Heights, Ky. 859.572.4300

Health Centers

Call any of the following health center locations for more information about diabetes education:

Boone County Health Center

7505 Burlington Pike
Florence, Ky. 41042
859.363.2060

Campbell County Health Center

1098 Monmouth St.
Newport, Ky. 41017
859.431.1704

Grant County Health Center

234 Barnes Road
Williamstown, Ky. 41097
859.824.5074

Kenton County Health Center

2002 Madison Ave.
Covington, Ky. 41014
859.431.3345

Charges based on sliding scale fee. Please call for further details.



Diabetes Control Program

A DIABETES SELF-MANAGEMENT
TRAINING PROGRAM



NORTHERN KENTUCKY
INDEPENDENT DISTRICT
HEALTH DEPARTMENT

www.nkyhealth.org



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Diabetes Self-Management Training

Finding out that you have diabetes can be very scary. One of the first things you can do is to stop worrying and take action!

The Northern Kentucky Health Department has a team of diabetes educators which includes a registered nurse and a registered dietitian. They can help you learn how to control your diabetes.

When you have diabetes, there is a lot that you need to do at home. Along with your doctor, the diabetes educators can teach you what that involves.

Family members are encouraged to come with you to learn about diabetes. Family support and understanding is an important part of controlling diabetes.

“Attending the diabetes support group gives me an understanding of diabetes, compassion and friendship.”

—Marilyn Spicer, Participant, Boone County Support Group

KNOW YOUR A1C NUMBER!

The American Diabetes Association recommends having a A1C blood test two to four times a year. Ask your doctor if you have not had one.

Our team of diabetes educators is available to provide specific information on:

- Healthy eating—including label reading and carbohydrate counting
- Physical activity
- Blood sugar monitoring
- Medications—including insulin
- Problem solving when blood sugar is too high or too low
- Coping with a chronic disease
- Reducing risks for diabetes complications and illness

To start your diabetes education program, please contact the health center most convenient for your (locations listed on back). You will be given information about group classes, usually offered the first few weeks of each month. Those who attend group classes are eligible for individual sessions.

Community Presentations

We also offer group presentations in the community on various aspects of diabetes. Topics may include a general diabetes overview, healthy eating, prevention and other considerations per request. To arrange a community presentation or to find out about presentations open to the public, please call 859.363.2116.

