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**NEWS RELEASE**

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**Empower Yourself with *Live in Control*:**  
A Free 5-Week Diabetes Self-Management Education Program

**Rexburg, Idaho** – Eastern Idaho Public Health is excited to announce, *Live in Control*, a **free** diabetes self-management education program that strives to provide education, empowerment, and the skills needed to better manage their illness.

This program differentiates itself from other diabetes self-management classes by including a 'Care Supporter' in each session. Participants are encouraged to bring a family member or friend as they learn together to better manage diabetes and promote a healthier lifestyle. Participants experiencing type 2 or pre-diabetes can expect 2-hour weekly classes led by a trained facilitator over five weeks.

*Live in Control* classes will be held **every Tuesday in October**, beginning at **10:00am** at the Eastern Idaho Public Health office in Rexburg (**314 North 3<sup>rd</sup> East**).

**Pre-registration by Friday, September 27<sup>th</sup> is required to participate.** Please call Timalee at 208-390-0886 or e-mail [tgeisler@eiph.idaho.gov](mailto:tgeisler@eiph.idaho.gov) to reserve your spot.

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