



PROVEN
QUALITY
HEALTHCARE



THE BEAT GOES ON

DMH Wellness Center helps diabetics manage disease

LaVell Peete was diagnosed with diabetes about seven years ago, and until recently, he was able to keep his blood sugar under control with oral medication. In December 2010, LaVell was suffering from a massive headache and blood sugar levels that were extremely high. He decided to go to the DMH Emergency Care Center and learned that he would have to start insulin injections to control his diabetes. He was also introduced to the diabetes program at the DMH Wellness Center.

"I thought it was the end of the world, with my fear of needles and confusion about how to change my diet but the staff at the DMH Wellness Center taught me so much. They taught me about exercise, eating right, and how to get on track to live a healthier, longer life. I've lost more than 50 pounds since December and I'm feeling great. I'm so glad I went through the DMH Wellness Center's diabetes program. I want my daughter TaNia to learn good habits from me."

- LaVell Peete, Decatur

Diabetes Self-Management Education Program

- Recognized by the American Diabetes Association
- Group or individual classes available.
- Evening classes available.

To register, call 876-5378



DMH
Wellness
Center

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