

Virgin Islands Diabetes Center of Excellence

TIME TO TAKE CHARGE OF YOUR DIABETES

With personalized Diabetes Self-Management Education and Support classes.

SIGN UP TODAY!



Learn How to Keep Diabetes in Check

Learn how to eat healthy, stay active, monitor your blood sugar, manage medication, cope with stress, and more!



Target your Goals

Classes are customized to meet your specific needs, take into account your life experiences, and help you achieve your health goals.



Get Moral Support

Knowing what to do is easy, but staying consistent is a little harder. We're here to help. Tap into a network of diabetes specialists, health providers, and others on your journey for long-term support!

ABOUT DSMES

Diabetes Self-Management Education and Support Classes empower people dealing with prediabetes or diabetes with the tools and skills they need to manage their condition. Hosted by the **Virgin Islands Diabetes Center of Excellence** (VIDCOE), classes are held monthly.

Contact VIDCOE to sign up for the next DSMES class.

TESTIMONIAL

"I started with a diabetes number A1C of 6.8, and today I went down to 6.2 - prediabetes! Now it's to keep doing the work and make sure I go down to normal rates. If you have issues with diabetes, prediabetes, anything like that, come on over to VIDCOE, and get your numbers down."

SHARON

Peachy's Pantry