

DIABETES SELF-MANAGEMENT EDUCATION PROGRAM 2016
CLASSES MUST BE COMPLETE WITHIN 1 YEAR OF STARTING DATE

“ I have a little sugar, no one ever said it was DIABETES.....”
“No one in MY family has ever had diabetes.....”
“Why test my own blood sugars when you do it at every visit?”

For the answers to these questions and more, register for our next session of diabetes education classes.

Session A (Lisa): DIABETES SELF-MANAGEMENT:

“The “how to” to taking care of yourself with Diabetes
“What SHOULD my blood sugars be?”

Session B (Wendy) YOUR AND YOUR DIET :

“What is left to eat” How do I work in my favorite foods??
“What are carbs and how much and what kind can I have?”

Session C (Wendy) CARBOHYDRATE COUNTING AND PERSONALIZING YOUR DIET:

“When is a cheat not a cheat?”
“I eat in restaurants very often, I don’t know what to have.”

Session D (Lisa): CONTROLLING YOUR BLOOD SUGARS

“What should I do when my sugars is high or low?
“I am sick, how does that affect my diabetes?”

Session E (Lisa): LONG-TERM COMPLICATIONS

“So I have diabetes, a lot of people have it what is the big deal?”
“My uncle lost his vision, will that happen to me?”

Session F (Wendy) STAYING IN BALANCE

“Ok, so I know more about what to eat but I need some practical tips to make it work for me”

Session G (Lisa): COPING WITH DIABETES

“I am so stressed at home, in the office, can this affect my diabetes? I don’t need therapy but I could use some new coping skills to lessen the affect of my stress. What resources are available to help me manage my diabetes? What can I do to manage my diabetes in the future?”

<u>Tuesday 6 -7 PM</u>		<u>THURSDAY 10AM - 11AM</u>	
10/18	A	10/20	A
10/25	B	10/27	B
11/1	C	11/3	C
11/8	D	11/10	D
11/15	E	11/17	E
11/29	F	12/1	F
12/6	G	12/8	G