

**DIABETES SELF-MANAGEMENT EDUCATION PROGRAM 2017**  
**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/Wendy) : 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?”*

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<b><u>Tuesday 6 -7 PM</u></b>		<b><u>THURSDAY 10AM - 11AM</u></b>	
<b>5/16</b>	<b>A</b>	<b>4/20</b>	<b>A</b>
<b>5/23</b>	<b>B</b>	<b>4/27</b>	<b>B</b>
<b>5/30</b>	<b>C</b>	<b>5/4</b>	<b>D ***</b>
<b>6/6</b>	<b>D</b>	<b>5/11</b>	<b>C</b>
<b>6/13</b>	<b>E</b>	<b>5/18</b>	<b>E</b>
<b>6/20</b>	<b>F</b>	<b>5/25</b>	<b>F</b>
<b>6/27</b>	<b>G</b>	<b>6/1</b>	<b>G</b>

\*\*\*OUT OF SEQUENCE\*\*\*