

How to Live Well with Diabetes!

2019 DIABETES SELF-MANAGEMENT EDUCATION

*****Please call the office to hold your spot in our classes 516 327-0850*

****Classes should be completed within 1 calendar year; You can sign up for 2/yr thereafter*

Session A (Lisa) HOW TO BEST MANAGE YOUR DIABETES

A review of what are Diabetes 1 and Diabetes 2 ,
“The “how to” to taking care of yourself with Diabetes; A review of medications and labs,
monitoring methods, target goals: what should your blood sugars be?

Session B (Wendy) YOU AND YOUR DIET :

A review of one’s diet and how it can make a difference in diabetes control.
Learn how to carbohydrate count, read labels and develop a meal plan
Learn the difference between carbohydrates, why we need them and how to work them

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

Learn how to manage the nuts and bolts of diet.. Learn about Glycemic Index and how it can affect your blood sugars. Review the role of fiber and how to read labels

Session D (Lisa) CONTROLLING YOUR BLOOD SUGARS

**** What to look for and what to do if you get sick...when to call the doctor..****
How to manage your medications and diet. .
How you can best treat high and low blood sugars.
Review how exercise fits into your diabetes management plan.

Session E (Lisa) HOW YOU CAN AVOID LONG-TERM COMPLICATIONS

Review how to prevent diabetes complications.
We will review what diabetes complications are and what we can do to prevent problems down the road.

Session F (Wendy) STAYING IN BALANCE

Cholesterol, cardiac risk reduction, role of exercise and how to dine out with Diabetes.

Session G (Lisa&Wendy) COPING WITH DIABETES

Stress is a part of everyone’s life. Learn techniques for handling stress in a healthy way.
Resources you can use to help you manage your diabetes.

| <u>Tuesday 6 -7 PM</u> | | | | <u>THURSDAY 10AM - 11AM</u> | | | |
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| <u>4/2</u> | <u>A</u> | <u>5/7</u> | <u>E</u> | <u>4/4</u> | <u>A</u> | <u>5/9</u> | <u>E</u> |
| <u>4/9</u> | <u>B</u> | <u>5/14</u> | <u>F</u> | <u>4/11</u> | <u>B</u> | <u>5/16</u> | <u>F</u> |
| <u>4/16</u> | <u>C</u> | <u>5/21</u> | <u>G</u> | <u>4/25</u> | <u>C</u> | <u>5/23</u> | <u>G</u> |
| <u>4/30</u> | <u>D</u> | | | <u>5/2</u> | <u>D</u> | | |