

DIABETES

EDUCATION CLASSES

Q & A TIME AVAILABLE

NOVEMBER 6 THROUGH DECEMBER 11, 2025

THURSDAYS FROM 1:30 PM TO 3:30 PM

LOCATION: THE GREAT ROOM

WATER AND A LIGHT SNACK PROVIDED



SESSION 1: NOVEMBER 6

INTRODUCTION & DIABETES DISEASE PROCESS & TREATMENT PROCESS. WHAT IS DIABETES?

SESSION 2: NOVEMBER 13

DEVELOPING STRATEGIES TO PROMOTE HEALTH/CHANGE BEHAVIOR, MAKING HEALTHY CHANGES, DEVELOPING STRATEGIES TO ADDRESS PSYCHOSOCIAL ISSUES, & DIABETES & MIND, SPIRIT, & EMOTION

SESSION 3: NOVEMBER 20

INCORPORATING NUTRITIONAL MANAGEMENT INTO LIFESTYLE, & HEALTHY EATING

SESSION 4: DECEMBER 4

USING MEDICATIONS SAFELY, DIABETES MEDICINE; & MONITORING BLOOD GLUCOSE, INTERPRETING & USING RESULTS, & HOME BLOOD SUGAR MONITORING

SESSION 5: DECEMBER 11

PREVENTION, DETECTION & TREATMENT OF CHRONIC COMPLICATIONS, BALANCING YOUR BLOOD SUGAR- ACUTE COMPLICATIONS; & PREVENTION, DETECTION & TREATMENT OF CHRONIC COMPLICATIONS, & STAYING HEALTHY WITH DIABETES- CHRONIC COMPLICATIONS.



THIS IS AN ADA
RECOGNIZED DSMEP



FOR MORE INFORMATION OR TO SIGN-UP CONTACT: ERIN @ (509) 483-7535