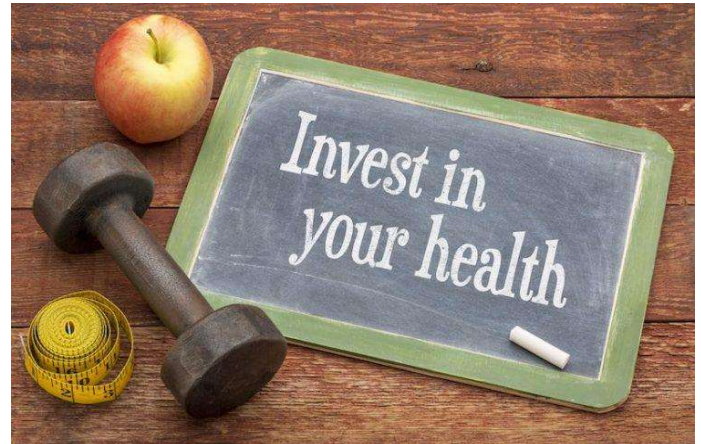


Diabetes Education Classes – 2022

Where: Online Classes – *via Zoom*

When:

- **Winter Series:**
 - Wednesdays, January 19, 26, Feb 2, 9, 16 from 5-6:30pm
- **Spring Series:**
 - Saturdays, April 2, 9, 16, 23, 30 from 8:30-10:00am
 - Wednesdays, April 6, 13, 20, 27, May 4 from 5-6:30pm
- **Summer Series:**
 - Wednesdays, July 6, 13, 20, 27, August 3 from 5-6:30pm
- **Fall Series:**
 - Saturdays, October 8, 15, 22, 29, Nov 5 from 8:30-10:00am
 - Wednesday, October 12, 19, 26, Nov 2, 9 from 5-6:30pm



Offering
Saturday
classes!

Who: Adults with Type 2 Diabetes

What: Comprehensive Diabetes Self-Management Education and Support Program covered over **five 90-minute** virtual classes.

How: Discuss with your primary care provider (PCP) if this would be a good fit for your needs. Your PCP will fax us a referral for Diabetes Education to Sound Dietitians. We will then get you scheduled and send you the link to join the online classes.



Diabetes Education Classes

Class 1

- What is Diabetes?
- Different types of diabetes
- Diabetes diagnosis
- Type 2 risk factors and symptoms
- Checking your glucose
- Eating for better health
- Being physically active
- Having a support system
- Getting ready to make changes

Class 2

- Stress, emotional health and diabetes
- Reviewing your glucose logs
- Dealing with high and low glucose
- What to do when you are sick
- Mindful eating for better health
- Dining out strategies
- Challenges and strategies to being physically active
- Weight loss for better glucose
- Setting goals

Class 3

- Checking in on goals
- Glucose checkpoint
- Problem solving and identifying patterns using your records
- Blood pressure and heart health
- Eating for better heart health
- Alcohol and glucose management
- Physical activity and heart health
- Weight loss and heart health
- Revising goals

Class 4

- Changes over time
- Delaying or preventing diabetes complications
- Taking care of your feet
- Getting enough good sleep
- Eating mindfully, not emotionally
- Keeping physically active over time
- When life gets in the way
- Revisit your support system
- Updating goals
- Staying in charge of your diabetes

Class 5

- Review content from first 4 classes in a fun game of Bingo!
- Recipe sharing and modification
- Final Q & A for any remaining items you want to discuss
- Plan for continuing education and support