



2010 Self-Management – Conversation Map Classes

Pre-registration is required – Call 227-7101 to register

Call your insurance company to verify group class coverage and if you have met your deductible.

Tuesday AM Classes 10 AM to Noon	Tuesday PM classes 4 PM to 6 PM
January 5, 12, 19, 26	March 2, 9, 16, 23
February 2, 9, 16, 23	May 4, 11, 18, 25
April 6, 13, 20, 27	July 6, 13, 20, 27
June 1, 8, 15, 22	September 7, 14, 21, 28
August 3, 10, 17, 24	November 2, 9, 16, 23
October 5, 12, 19, 26	
December 7, 14, 21, 28	

Class 1 offered from 4 to 6 PM on the 2nd and 4th Wed of each month

January 13 th and 27 th	February 10 th and 24 th
March 10 and 24 th	April 14 th and 28 th
May 12 th and 26 th	June 9 th and 23 rd
July 14 th and 28 th	August 11 th and 25 ^t
September 22 nd	October 13 th and 27 th
November 10 th and 24 th	December 14 th and 28 th

Class #1 On the Road to Better Managing your Diabetes

- What is Diabetes?
- Feelings you may experience
- Blood glucose and Insulin
- Monitoring at home
- Managing Diabetes with diet, exercise and medication
- Your support system

Class #2 Diabetes and Healthy Eating

- The relationship between blood glucose and food
- Feelings about food and eating
- The nutrients that make up food
- How, What, How Much and When you eat affects you
- Meal planning and other healthy strategies
- Having a plan and engaging your support system

Class #3 Monitoring your Blood Glucose

- What are blood glucose and insulin?
- Blood glucose targets and how you feel in and out of range.
- Monitoring and knowing your A1c.
- What can cause highs and lows.
- Using monitoring to manage your diabetes.
- Your support system.

Class #4 Continuing Your Journey with Diabetes

- The natural course of diabetes.
- Recognizing the fact that it may become more difficult to keep your blood glucose within your target range.
- The potential long-term complications of diabetes.
- How to delay or reduce the risk of long-term complications by keeping your blood glucose on target.
- The importance of checking for long-term complications and knowing your ABCs.

Advanced Carbohydrate Counting (for those who have been through the class or are already carbohydrate counting)

Wednesdays 3:30 to 5 PM

- January 13, 2010
- March 3, 2010
- May 5, 2010
- July 7, 2010
- September 1, 2010
- November 3, 2010

Introduction to Insulin Pumps

Thursdays 3:30 to 5 PM

- January 18, 2010
- March 18, 2010
- May 20, 2010
- July 15, 2010
- September 16, 2010
- November 18, 2010

Staying Safe While Pumping: Managing Highs and Lows, Ketones and Problems

Thursdays from 3:30 to 5 PM

- February 4, 2010
- April 1, 2010
- June 3, 2010
- August 5, 2010
- October 7, 2010
- December 2, 2010

Pre-Diabetes Classes

- February 4, 2010
- April 1, 2010
- June 3, 2010
- August 5, 2010
- October 7, 2010
- December 2, 2010