

# Diabetes Wellness Program Class Schedule

## OCTOBER 2010

<b>Evenings:</b>	10/05/10 (Tuesdays)	<b>Diabetes Overview, Acute Complications &amp; Monitoring</b> <b>Medications, Exercise &amp; Intro to Nutrition</b> <b>Preventing Complications and Nutrition</b> <b>Behavior Change, Stress Management &amp; Meal Planning</b>	6pm - 9pm 6pm - 8pm 6pm - 8pm 6pm - 9pm	WCC** WCC WCC WCC
<b>Afternoons:</b>	10/13/10 (Wednesdays)	<b>Same as Above</b>	1pm - 4pm 1pm - 3pm 1pm - 3pm 1pm - 4pm	WCC WCC WCC WCC

## NOVEMBER 2010

<b>Afternoons:</b>	11/10/10 (Wednesdays)	<b>Diabetes Overview, Acute Complications &amp; Monitoring</b> <b>Medications, Exercise &amp; Intro to Nutrition</b> <b>Preventing Complications and Nutrition</b> <b>Behavior Change, Stress Management &amp; Meal Planning</b>	1pm - 4pm 1pm - 3pm 1pm - 3pm 1pm - 4pm	WCC WCC WCC WCC
<b>Mornings:</b>	11/02/10 (Tuesdays)	<b>Same as Above</b>	9am - 12pm 9am - 11am 9am - 11am 9am - 12pm	WCC WCC WCC WCC

## DECEMBER 2010

<b>Evenings:</b>	12/07/10 (Tuesdays)	<b>Diabetes Overview, Acute Complications &amp; Monitoring</b> <b>Medications, Exercise &amp; Intro to Nutrition</b> <b>Preventing Complications and Nutrition</b> <b>Behavior Change, Stress Management &amp; Meal Planning</b>	6pm - 9pm 6pm - 8pm 6pm - 8pm 6pm - 9pm	WCC WCC WCC WCC
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*To enroll in a class, please call Central Scheduling at 257-4036.  
For more information, contact the Diabetes Wellness Program at 252-4411 x2391*

*Doctor's referral is required, but we can obtain the referral for you.  
Classes are covered by most insurers. Please check with your insurer for coverage.*

**\*\*WCC refers to the Wellness Center Classroom located at 3421 Villa Lane (second floor)**

**DESCRIPTION OF CLASSES ON REVERSE**

