

## **Diabetes Education Class.....on a Saturday?**

### **Too busy to attend our weekly diabetes education classes? Not anymore! Saturday classes are here to meet your needs.**

The Diabetes Wellness Program at Queen of the Valley Medical Center is pleased to announce a one day Basic Diabetes Education class one Saturday per month. Included in this class is a free 3 month follow up class.

The Basic Diabetes Education class will cover the following topics:

- What diabetes is and the different types of diabetes
- Appropriate blood glucose ranges & best time to test
  - A glucose meter will be provided
- Diabetes medications and how they work
- Physical Activity - Why it is a must!
- Basic Diabetes Nutrition & Food Labels
- Steps to successfully manage your diabetes!

Classes will be held at the Wellness Center, the third Saturday of the month. Classes are from 9am – 4:15pm (please note, if you are currently testing your blood glucose, class will end at 3:15pm for you). Most medical insurances will cover the class. We suggest you contact your insurance to determine coverage for **Diabetes Self-Management Education**.

**Class dates:**

**Jan 16, 2010 – Wellness Center Classroom**  
**Feb 20, 2010 – Wellness Center Classroom**  
**Mar 20, 2010 – Wellness Center Classroom**

To register or for more information, please contact the Diabetes Wellness Program at 252-4411 ext. 2391.

We look forward to helping you live a healthy, active life with diabetes!