

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:

Apr 17, 2010 – Wellness Center Classroom
May 15, 2010 – Wellness Center Classroom
Jun 19, 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!