

Diabetes Wellness Program Class Schedule

APRIL 2010

Afternoons:	04/14/10 (Wednesdays)	Diabetes Overview, Acute Complications & Monitoring	1pm - 4pm	WCC**
	04/21/10	Medications, Exercise & Intro to Nutrition	1pm - 3pm	WCC
	04/28/10	Preventing Complications and Nutrition	1pm - 3pm	WCC
	05/05/10	Behavior Change, Stress Management & Meal Planning	1pm - 4pm	WCC
Mornings:	04/06/10		9am - 12pm	WCC
(Tuesdays)	04/13/10	Same as Above	9am - 11am	WCC
	04/20/10		9am - 11am	WCC
	04/27/10		9am - 12pm	WCC

MAY 2010

Evenings:	05/04/10 (Tuesdays)	Diabetes Overview, Acute Complications & Monitoring	6pm - 9pm	WCC
	05/11/10	Medications, Exercise & Intro to Nutrition	6pm - 8pm	WCC
	05/18/10	Preventing Complications and Nutrition	6pm - 8pm	WCC
	05/25/10	Behavior Change, Stress Management & Meal Planning	6pm - 9pm	WCC
Afternoons:	05/12/10		1pm - 4pm	WCC
(Wednesdays)	05/19/10	Same as Above	1pm - 3pm	WCC
	05/26/10		1pm - 3pm	WCC
	06/02/10		1pm - 4pm	WCC

JUNE 2010

Evenings:	06/01/10 (Tuesdays)	Diabetes Overview, Acute Complications & Monitoring	6pm - 9pm	WCC
	06/08/10	Medications, Exercise & Intro to Nutrition	6pm - 8pm	WCC
	06/15/10	Preventing Complications and Nutrition	6pm - 8pm	WCC
	06/22/10	Behavior Change, Stress Management & Meal Planning	6pm - 9pm	WCC
Afternoons:	06/09/10		1pm - 4pm	WCC
(Wednesdays)	06/16/10	Same as Above	1pm - 3pm	WCC
	06/23/10		1pm - 3pm	WCC
	06/30/10		1pm - 4pm	WCC

*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 may be obtained after enrollment (prior to classes).
Fee for classes is covered by many 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

