



CARBOHYDRATE (CARB) COUNTING & FOOD LABELS

If you are someone with Type 1 or Type 2 Diabetes this class is for you!

This two hour class will focus on identifying the different carb food groups, basic carb counting and reading food labels. Finally, we will discuss different types of fats. This class will be beneficial to individuals who need a “refresher” course or are new to carb counting and how to read food labels. This class is taught by Nita Durham, a Registered Dietitian and Certified Diabetes Educator.

This class is being offered through the Diabetes Wellness Program and should be covered by most insurances for individuals diagnosed with diabetes. For more information or to register for this class, please contact the Diabetes Wellness Program located in the new Wellness Center at 252.4411 ext. 2391.

Jan. 25, 2010 – 1:00 – 3:00 pm
Feb. 22, 2010 – 6:00 – 8:00 pm
Mar. 22, 2010 – 9:00 – 11:00 am
Registration Required

