

# Diabetes Wellness Program Class Schedule

## JANUARY 2010

<b>Evenings:</b>	01/05/10	<b>Diabetes Overview, Acute Complications &amp; Monitoring</b>	6pm - 9pm	WCC**
(Tuesdays)	01/12/10	<b>Medications, Exercise &amp; Intro to Nutrition</b>	6pm - 8pm	WCC
	01/19/10	<b>Preventing Complications and Nutrition</b>	6pm - 8pm	WCC
	01/26/10	<b>Behavior Change, Stress Management &amp; Meal Planning</b>	6pm - 9pm	WCC
<b>Afternoons:</b>	01/13/10		1pm - 4pm	WCC
(Wednesdays)	01/20/10	Same as Above	1pm - 3pm	WCC
	01/27/10		1pm - 3pm	WCC
	02/03/10		1pm - 4pm	WCC

## FEBRUARY 2010

<b>Afternoons:</b>	02/10/10	<b>Diabetes Overview, Acute Complications &amp; Monitoring</b>	1pm - 4pm	WCC
(Wednesdays)	02/17/10	<b>Medications, Exercise &amp; Intro to Nutrition</b>	1pm - 3pm	WCC
	02/24/10	<b>Preventing Complications and Nutrition</b>	1pm - 3pm	WCC
	03/03/10	<b>Behavior Change, Stress Management &amp; Meal Planning</b>	1pm - 4pm	WCC
<b>Mornings:</b>	02/02/10		9am - 12pm	WCC
(Tuesdays)	02/09/10	Same as Above	9am - 11am	WCC
	02/16/10		9am - 11am	WCC
	02/23/10		9am - 12pm	WCC

## MARCH 2010

<b>Evenings:</b>	03/02/10	<b>Diabetes Overview, Acute Complications &amp; Monitoring</b>	6pm - 9pm	WCC
(Tuesdays)	03/09/10	<b>Medications, Exercise &amp; Intro to Nutrition</b>	6pm - 8pm	WCC
	03/16/10	<b>Preventing Complications and Nutrition</b>	6pm - 8pm	WCC
	03/23/10	<b>Behavior Change, Stress Management &amp; Meal Planning</b>	6pm - 9pm	WCC
<b>Afternoons:</b>	03/10/10		1pm - 4pm	WCC
(Wednesdays)	03/17/10	Same as Above	1pm - 3pm	WCC
	03/24/10		1pm - 3pm	WCC
	03/31/10		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 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**

