



SIGN UP FOR DIABETES EDUCATION

Diabetes is a chronic condition that requires making multiple decisions throughout the day to successfully manage blood sugars and prevent diabetes-related health problems. These decisions include what to eat, when to eat, when to take medicine, how to check blood sugar, what to do for high or low blood sugars, and how to keep your diabetes under control.

UPMC Susquehanna's Diabetes and Nutrition Care Center offers Diabetes Education classes throughout the year. Class participants will receive a Living Well with Diabetes Self Care workbook that will be used during the course of all five classes. Participants will also receive a blood glucose meter at the first class.

Classes are held in the Diabetes and Nutrition Care Center, located on the **3rd floor in Divine Providence Hospital, 1100 Grampian Blvd., Williamsport.** Obtain a referral from your primary care physician, then register by calling **570-326-8410.**

3rd floor in Divine Providence Hospital
1100 Grampian Blvd., Williamsport
UPMCSusquehanna.org

UPMC Susquehanna

2018 DIABETES CLASS SCHEDULE

	January 1:30 to 3:30 p.m. (Wed.)	March 9 to 11 a.m. (Thurs.)	May 1:30 to 3:30 p.m. (Wed.)	July 9 to 11 a.m. (Thurs.)	Sept. 1:30 to 3:30 p.m. (Wed.)	November 9 to 11 a.m. (Thurs.)
Class 1	Jan. 10	Mar. 1	May 2	Jul. 5	Sept. 5	Nov. 1
Class 2	Jan. 17	Mar. 8	May 9	Jul. 12	Sept. 12	Nov. 8
Class 3	Jan. 24	Mar. 15	May 16	Jul. 19	Sept. 19	Nov. 15
Class 4	Jan. 31	Mar. 22	May 23	Jul. 26	Sept. 26	Nov. 29
Class 5 (1 hour)	April 25 1:30 to 2:30 p.m.	June 14 9 to 10 a.m.	August 29 1:30 to 2:30 p.m.	Oct. 29 9 to 10 a.m.	Dec. 12 1:30 to 2:30 p.m.	Feb. 21, 2019 9 to 10 a.m.

Class Descriptions

Class One

- Behavior change
- Home blood sugar monitoring
- Overview of types of diabetes
- Signs and symptoms
- Treatment goals

Class Two

- Basic carbohydrate counting
- Dining out guidelines
- Nutrition facts label reading
- Nutrition overview

Class Three

- Exercise
- High and low blood sugar prevention
- Medications
- Sick day guidelines
- Stress management

Class Four

- Family role in diabetes management
- Personal care
(feet, skin, eyes, heart, teeth)
- Preventing complications
- Resources
- Support system
- Travelling preparation

Class Five

- Diabetes update
- Problem solving
- Revisiting your support system

Please note: Classes 1, 2, 3 and 4 are two hours. Class 5 is one hour.