



DIABETES MELLITUS CLASSES SCHEDULE 2008-2009

These classes are good for you if:

- You recently were diagnosed with diabetes
- Your hemoglobin A1C is more than 7
- You already have complications
- You do not have an exercise program
- You do not have devices and information to monitor your progress



Saturdays 1 pm - 2 pm

Come join us and learn:

- What hemoglobin A1C means and what your level should be
- How to calculate food portions
- What medications can do to help control your blood sugar levels
- How often your vision, heart, kidneys, and feet must be checked
- How to check your blood sugar levels and what they should be at different times of the day



TOPICS AND DATES

| Diabetes and... | 2008 | 2009 |
|-----------------------------|-------------|------------|
| Prevention of Complications | July 12 | January 10 |
| Nutrition | August 2 | February 7 |
| Physical Activity | September 6 | March 7 |
| Medical Treatment | October 4 | April 4 |
| Blood Glucose Level Control | November 8 | May 2 |
| Regular Screenings | December 6 | June 6 |



Classes are free and walk-ins are welcome!!



Questions?

**For more information, call:
(310) 450 2191**

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