



Refresher Diabetes Self-Management Education Classes 2020

- **January 15 & 17, 2020** - **Let's Prevent the Micro-vascular Complications of Diabetes** - This class will review the best options to prevent small vessel complications of diabetes.
- **February 12 & 14, 2020** – **Let's Prevent the Macro-vascular Complications of Diabetes** - This class will review the best options to prevent large vessel complications of diabetes.
- **April 8 & 10, 2020** – **What are Nutrient Dense Foods?** - Tips will be provided to assist in identifying nutrient dense foods.
- **May 6 & 8, 2020** – **Are You Ready for Hurricane Season?** - What to include in your diabetes hurricane kit?
- **July 15, 2020** – **Do you suffer from Portion Distortion when Dining Out?** The class will review menus and receive tips to assist with making better food choices when dining out.
- **August 12, 2020** – **Portion Size Bingo** - Diabetes portion review with Portion Size Bingo. (Yes, there will be prizes!)
- **October 14, 2020** – **What's the Future of Diabetes Management?** - Dr. Miller will return as our guest speaker updating the class on current trends and new medications for diabetes management.
- **November 11, 2020** – **Help! It's the Hol-i-daze!** - Holiday recipes and food samples are the highlight of the gathering. We will discuss tips to surviving the holidays.

Class participation is for individuals who have completed the 10-hour Diabetes Self-Management Education Classes.

Classes are held from 1:00-3:00pm in the Bond Education Classroom located at 199 Ave B NW, Winter Haven, FL.

One 2-hour class is billable to Medicare or private insurance. Deductibles and Co-payments may apply.