



2017 Refresher Diabetes Self-Management Education Classes 863-293-1191 ext 3511

- **January 18 & 20, 2017** – Do you suffer from Portion Distortion when Dining Out? The class will role play with ordering from menus and receive tips to assist with making better food choices when dining out.
- **February 8 & 10, 2017** – What's the Difference between the DASH, Mediterranean and Carb Counting Meal Plans - Could the DASH and Mediterranean diets be part of meal planning for your diabetes?
- **April 12 & 14, 2017** – Let's Prevent the Micro-vascular Chronic Complications of Diabetes – This class will review the best options to prevent small vessel complications of diabetes.
- **May 10 & 12, 2017** - Let's Prevent the Macro-vascular Chronic Complications of Diabetes – This class will review the best options to prevent large vessel complications of diabetes.
- **July 12, 2017** – The New Label – What's the Difference - In July of 2018 the new label will appear on most packages. The class will preview the new look and compare the differences in the labels.
- **August 9, 2017** – Healthy Coping Strategies – Tips and techniques to keep the stresses of diabetes under control.
- **October 4, 2017** – What's the Future of Diabetes Management - Dr. Miller will return as our guest speaker updating the class on current trends and new medications used for diabetes management.
- **November 8, 2017** – Help! What's Your Holiday Meal Plan - Holiday recipes and samples are a highlight of this gathering. Participants discuss tips to survive the holidays and stay is good glucose control.

Class participation is for those 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.