



Refresher Diabetes Self-Management Education Classes 2019

- **January 16 & 18, 2019** - ABC's of Diabetes – Part One
- **February 13 & 15, 2019** – ABC's of Diabetes – Part Two
- **April 10 & 12, 2019** – A Closer Look at Blood Glucose Monitoring - Why, How, Where and When
- **May 8 & 10, 2019** – Are You Staying Hydrated?
A look at various beverages and their effect on diabetes
- **July 10, 2019** – Side by Side
A discussion about the AADE* 7- Self Care Behaviors for diabetes control
*American Association of Diabetes Educators
- **August 8, 2019** – DiaBingo – Diabetes review with Blood Sugar Bingo
- **October 9, 2019** – 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 13, 2019** – Holiday Cheer!! - Holiday recipes and samples are the highlight of this gathering. The class will discuss tips to survive the holidays and stay in good glucose control.

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.