



## **Refresher Diabetes Self-Management Education Classes 2021**

- **January 20 & 22, 2021 – *Mind-full or Mind-less Eating***  
This class will review the best options for mind-full eating habits.
- **February 10 & 12, 2021 – *The Domino Effect of High Blood Pressure***  
We will discuss the consequences of high blood pressure.
- **April 14 & 16, 2021 – *What are Nutrient Dense Foods?***  
Tips will be provided to assist in identifying nutrient dense food options.
- **May 12 & 14, 2021 – *Are You Ready for Hurricane Season?***  
What do you need in your diabetes hurricane kit?
- **July 14 & 16, 2021 – *Moving Day***  
Get ready to start your fitness routine!
- **August 4 & 6, 2021– *Dia-Bingo***  
Diabetes management review with bingo. (Valuable PRIZES for a Bingo)
- **October 13 & 15, 2021 – *What's the Future of Diabetes Management?***  
The class will be updated on current trends and new medications for diabetes management.
- **November 10 & 12, 2021 – *Hol-i-Maze!***  
It's that time of the year. Let's discuss tips to surviving the holidays and keep your diabetes under 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.