



## **Refresher Diabetes Self-Management Education Classes 2022**

- **January 19 & 21, 2022 – *ABC's of Diabetes***  
This class will review the best options to control your A1C.
- **February 9 & 11, 2022 – *ABC's of Diabetes***  
We will discuss the consequences of high blood pressure and meal choices for increased blood pressure control.
- **April 13 & 15, 2022 – *ABC's of Diabetes***  
The class will focus on cholesterol and review meal choices to improve your health.
- **May 11 & 13, 2022 – *Building Blocks of a Balanced Meal***  
What do you need in your diabetes meal planning kit?
- **July 13 & 15, 2022 – *The Emotional Side of Diabetes***  
Get ready to increase your emotional strength when dealing with diabetes
- **August 10 & 12, 2022 – *Portion Size Bingo***  
Portion control reinforcement with bingo. (PRIZES for a Bingo)
- **October 12 & 14, 2022 – *What's the Future of Diabetes Management?***  
The class will be updated on current trends and new medications for diabetes management.
- **November 9 & 11, 2022 – *Carefree Holidays***  
Diabetes friendly choices will be discussed using a sample holiday menu.

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.