

2015 Refresher Diabetes Self-Management Education Classes

January 14 & 16, 2015 - **The Three Know - No's of Meal Planning.** Meal planning three simple steps.

February 11 & 13, 2015 – **Pattern Management** – Are your Blood Sugars off Target? This class will investigate causes of blood sugar peaks and valleys.

April 8 & 10, 2015 – **Diabetes Warrant Program** - Self-care guidelines for diabetes are discussed.

May 13 & 15, 2015– **Troubling Winds** - A guest speaker from the American Red Cross will update us on the preparation needed for hurricane season.

July 1, 2015 – **The Whole Grain Bonus** - Why fiber is an important part of your meal planning.

August 12, 2015 – **Just the Facts** game from the makers of the Health Slate. Just the Facts is an interactive question and answer diabetes “Jeopardy” game.

October 7, 2015 – **New Trends in Diabetes Management** - Dr. Miller will return as our guest speaker updating the class on current trends and new medications used for diabetes management. In addition, Medicare 101 will be presented by the S.H.I.N.E. organization.

November 11, 2015 – **Holiday Cheers** - Holiday recipes and samples are a highlight of this gathering. Participants discuss tips to survive the hol-i-daze 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. Please call if you have any questions.**
- **One 2 hour class is billable to Medicare or private insurance. Deductibles and Co-payments may apply.**