

DIABETES EDUCATION PROGRAM

Ireland Army Community Hospital

Class One

15 AUG, 19 SEP, 24 OCT, 12 DEC

Part One 0900-1025

Diabetes Overview

Part Two 1030-1130

Nutritional Management of Diabetes

Class Two

22 AUG, 26 SEP, 31 OCT, 19 DEC

Part One 0900-0955

Medications and Diabetes

Part Two 1000-1100

Monitoring Your Diabetes

Class Three

29 AUG, 10 OCT, 14 NOV

Part One 0900-0955

Avoiding Long Term Complications and Reducing Risks

Part Two 1000-1100

Coping with Diabetes and Goal Setting

Class Four

8 AUG, 12 SEP, 17 OCT, 28 NOV

Part One 0900-0955

Being Physically Active; Travel and Diabetes

Part Two 1000-1130

Problem Solving For Acute Complications and Sick Days

Plan to attend all (4 of 4) classes. Call or visit the Health & Wellness Center, 4-B, Ireland Army Community Hospital, 502-624-WELL (9355) to sign up for classes.