

DIABETES EDUCATION SERVICES

LIVING WITH DIABETES*

A comprehensive group class taught by Certified Diabetes Educators for adults with newly diagnosed diabetes or those previously diagnosed with little diabetes knowledge. Adult support person is welcome.

DIABETES MANAGEMENT REVIEW

A group review class taught by Certified Diabetes Educators for adults with previously diagnosed diabetes in need of diabetes management review. Adult support person is welcome.

PROGRAM CONTENT

- Understanding Diabetes
- Methods to Control Diabetes
- Diabetes and Activity
- Monitoring Diabetes
- Healthful Eating, Meal Planning and Carbohydrate Counting
- Diabetes Medications
- Avoiding Problems and Complications of Diabetes
- Sources of Diabetes Information
- Stress and Emotional Responses to Diabetes
- Changing Behavior



DIABETES EDUCATORS

Paula Rossell, RD, CD, CDE
Clinical Dietitian
Certified Diabetes Educator

Jennifer Beer, RN, CDE
Clinical Instructor
Certified Diabetes Educator



There is a fee and registration is required.
For more information or to register, please call:
812-537-8323 or 800-676-5572 ext. 8323