



DEARBORN COUNTY HOSPITAL DIABETES EDUCATION SERVICES

UNDERSTANDING DIABETES*

A two part seven hour comprehensive group class on Tuesday and Thursday afternoons or select Saturday mornings taught by certified diabetes educators. The class is for adults with newly diagnosed diabetes or those previously diagnosed with little diabetes knowledge. Adult support person is welcomed.

DIABETES MANAGEMENT REVIEW

A two hour group review class held on the 4th Thursday of the month taught by certified diabetes educators. The class is for adults with previously diagnosed diabetes in need of diabetes management review. Adult support person is welcomed.

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:

812-537-8163 (option #1) or **800-676-5572** ext. **8163** (option #1)

or

812-537-8431 or **800-676-5572**, ext. **8431**



Cure • Care • Commitment™

*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.