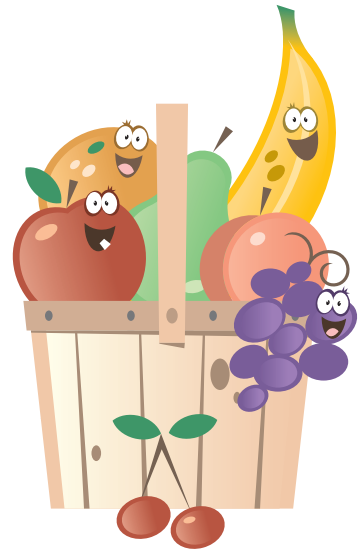


DEARBORN COUNTY HOSPITAL GESTATIONAL DIABETES CLASSES

This class is designed for women who have been diagnosed with gestational diabetes. Classes are held every Tuesday morning from 8:30 - 11:00 a.m. Adult family members are encouraged to attend!

PROGRAM CONTENT

- Understanding Gestational Diabetes
- Methods to Control Gestational Diabetes
- Gestational Diabetes and Activity
- Monitoring Glucose Control
- Healthful Eating and Carbohydrate Counting
- Understanding Gestational Diabetes Medications
- Avoiding Problems and Complications
- Additional Sources of Information
- Stress and Emotional Responses to Gestational 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 a doctor's referral is required.



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

For more information or to register please call:

DCH Education Department:

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

DCH Outpatient Nutrition Services:

812-537-8163 or 800-676-5572, ext. 8163