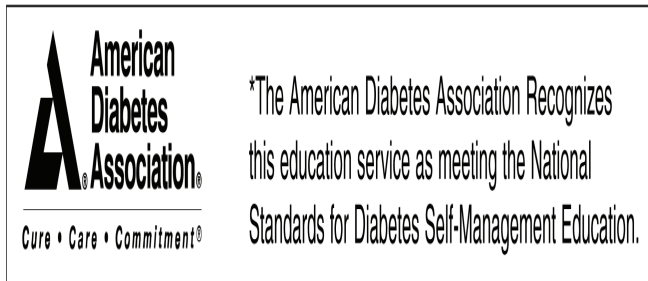


# Program Certified

By:



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The Michigan Dept. of  
Community Health

## Diabetes Educators

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Scheurer Healthcare Network



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## Diabetes Education Program

*People You Trust,  
Caring For People You Love*

A division of...



## Got Diabetes? Get Educated!

If you have diabetes, you have probably spent a good deal of time worrying about this diagnosis.

As a chronic condition, diabetes affects a person 24 hours a day—at home, at school, on the job and on vacation. People with diabetes can benefit dramatically from learning the necessary skills to manage the disease. Equipped with this knowledge, they can expect to enjoy life to the fullest. Currently, the American Diabetes Association recommends a diabetes update every 6-12 months.

Prior to class, you will be seen individually by the nurse and dietitian diabetes educators, who will help you develop a personalized diabetes management plan.

## 2010 Diabetes Class Dates



**Thurs., Jan. 14, 21, 28—9am-12pm**  
**Tues., Feb. 9, 16, 23—1pm-4pm**  
**Thurs., Mar. 11, 18, 25—9am-12pm**  
**Tues April 6, 13, 20 —6pm-9pm**  
**Thurs., May 6, 13, 20—1pm-4pm**  
**Tues., Jun. 1, 8, 15—9am-12pm**  
**Thurs., July 15, 22, 29—1pm-4pm**  
**Tues., Aug 10, 17, 24—9am-12pm**  
**Thurs., Sept. 9, 16, 23—6pm-9pm**  
**Tues., Oct. 5, 12, 19—1pm-4pm**  
**Thurs., Nov. 4, 11, 18—9am-12pm**  
**Tues., Dec. 7, 14, 21—1pm-4pm**

Classes meet weekly for three weeks and are held at Scheurer Hospital, Pigeon. Each class session is three hours in length. Advanced registration is required. We encourage family members to attend at no extra cost.

**To register or for questions:  
Call (989) 453-4493/4494**

## Group Class Format

### Week 1

Diabetes Overview  
Hypoglycemia  
Sick Day Guidelines  
Nutritional Goals for Diabetes  
Carbohydrate Counting  
Changing Behavior

### Week 2

Heart Smart Eating  
Exercise/Activity  
Medical Identification  
Medications  
Dining Out, Alcohol & Portion Control

### Week 3

Grocery Shopping  
Healthy Eating for a Lifetime  
Stress  
Complications  
Standards of Care  
Goal Review

