

Program Accredited By:

DEAP

DIABETES EDUCATION
ACCREDITATION PROGRAM



Program Certified By:

The Michigan Department
of Community Health

Diabetes Educators

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Scheurer Healthcare Network



Diabetes
Education
Program

*People You Trust,
Caring For People You Love*

A division of...



2012 Diabetes Class Dates



Tues	Jan. 10, 17, 24	1-4pm
Saturday	Feb. 18	8am-4pm
Thurs	Mar. 8, 15, 22	9am-12pm
Tues	April 3, 10, 17	6pm-9pm
Thurs	May 10, 17, 24	1-4pm
Thurs	Jun. 7, 14, 21	3-6pm
Tues	July 10, 17, 24	1-4pm
Thurs	Aug. 16, 23, 30	9am-12pm
Tues	Sept. 11, 18, 25	6pm-9pm
Thurs	Oct. 11, 18, 25	9am-12pm
Tues	Nov. 6, 13, 20	1-4pm
Thurs	Dec. 6, 13, 20	9am-12pm

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



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.

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.