

**ONE-DAY CLASS AGENDA**  
**DIABETES EDUCATION**



<b>TIME</b>	<b>TOPIC</b>
8:30-9:00 am	Registration form, pre-test and lunch menu <ul style="list-style-type: none"> <li>• Data collection (A1C, weight, height, blood pressure, blood sugar/glucose, cholesterol, waist to hip circumference, etc.,)</li> <li>• Welcome, Introductions, Pre-Test (verbal)</li> </ul>
9:00-10:00 a.m.	Understanding Diabetes, preventing long-term complications, foot care, smoking
10:00-10:15 a.m.	Break
10:15-12:00 noon	Nutrition <ul style="list-style-type: none"> <li>• Meal planning</li> <li>• Basic carbohydrate counting</li> <li>• Label reading</li> <li>• Sick Days</li> </ul>
12:00-12:30 p.m.	Working lunch
12:30-1:15 p.m.	Taking Medications and My Diabetes Emergency Plan
1:15-1:45 p.m.	Acute Complications <ul style="list-style-type: none"> <li>• Low blood sugar</li> <li>• High blood sugar</li> </ul>
1:45-2:00 p.m.	Long Term Monitoring and Introductions to blood glucose meters and monitoring
2:00-2:15 p.m.	Physical activity and Diabetes  Video "Walking Down Your Blood Sugar, with Leslie Sansone"
2:15-2:30 p.m.	Blood sugar monitoring (post-exercise)
2:30-2:45 p.m.	Break
2:45-3:15 p.m.	Healthy Coping
3:15-3:45 p.m.	Preventive exams and Immunizations
3:45-4:15 p.m.	Goal Setting, Problem Solving, My Health Goals
4:15-4:30 PM	Post-test and class evaluation