



REGISTRATION	<ul style="list-style-type: none"> Schedule a pre-registration visit, for class registration and data collection
9-10:00 AM	TOPIC (1 HOUR)
	Introduction: Speaker, guest, our programs, etc.,
	Understanding Diabetes, Long Term Complications, Foot Care and Smoking
	Acute Complications includes High and Low Blood Sugar
10-11:00 AM	TOPIC (1 HOUR)
	Taking Medications
	My Diabetes Emergency Plan
11-12:00 PM	TOPIC (1 HOUR)
	Nutrition: Making A Lifestyle Change and Sick Days
12-1:00 PM	LUNCH
	(on your own)
1-2:00 PM	TOPIC (1 HOUR)
	Monitoring and Long-Term Monitoring
	Physical Activity with Diabetes
	Healthy Coping
	Preventive Exams and Immunizations
	Goal Setting, Problem Solving and My Health Goals
	Post Class Instructions (Post Test, Action Plan, and Class Evaluation)

Revised 5/04/2021