



CLASS 1	TOPIC OF DISCUSSION
	Registration form, pre-test, and lunch menu <ul style="list-style-type: none"> • Data collection (A1C, weight, height, blood pressure, blood sugar/glucose)
	Introductions, welcome and pre-test (verbal)
	Understanding Diabetes, preventing long-term complications, foot care and smoking
CLASS 2	TOPIC OF DISCUSSION
	Nutrition <ul style="list-style-type: none"> • Meal planning • Basic carbohydrate counting • Label reading • Sick days
CLASS 3	TOPIC OF DISCUSSION
	Acute Complications <ul style="list-style-type: none"> • High blood sugar • Low blood sugar
	Long Term Monitoring, Introductions to blood glucose meters and monitoring
	Pre-exercise blood sugar check
	Physical activity and Diabetes <ul style="list-style-type: none"> • Video, "Walking Down Your Blood Sugar" with Leslie Sansone
	<ul style="list-style-type: none"> • Post-exercise blood Sugar
CLASS 4	TOPIC OF DISCUSSION
	Taking Medications and My Emergency Plan
	Healthy Coping
	Preventive Exams and Immunizations
	Goal Setting, Problem Solving and My Health Goals
	Post Test, Action Plan, and Class Evaluation