



REGISTRATION	Registration Form and Pre-Test <ul style="list-style-type: none"> Data Collection (A1C, weight, height, blood pressure, blood sugar/glucose)
SESSION 1	TOPIC OF DISCUSSION (1 HOUR)
	Introduction: Speaker, guest, our programs, etc.,
	Understanding Diabetes
	Acute Complications includes High and Low Blood Sugar
SESSION 2	TOPIC OF DISCUSSION (1 HOUR)
	Long Term Complications, Foot Care and <i>Smoking</i>
	Medications
	My Diabetes Emergency Plan
SESSION 3	TOPIC OF DISCUSSION (1 HOUR)
	Nutrition
SESSION 4	TOPIC OF DISCUSSION (1 HOUR)
	Blood Glucose Monitoring
	Physical Activity
	Healthy Coping
	Preventive Exams
	Goal Setting and Problem Solving
	Discharge Instructions (Post Test, Action Plan, and Class Evaluation)