



HEALTHY SOUTH TEXAS

DIABETES & PREGNANCY

GESTATIONAL DIABETES CLASS AGENDA

9:00 a.m. – 11:00 a.m.

8:30	Registration
9:00	Welcome and Diabetes Overview
9:20	Pre-eclampsia & Eclampsia
9:30	Meal Planning (What can I eat?)
10:30	Glucose Monitoring
	High & Low Blood Sugar
	Ketone Testing
10:45	Physical Activity and Kick Counts
	Stress
	Medications
11:00	Post-Test, Survey and Commitment Letter