

Pre-Registration

Pre-Registration for the class is required. The class is a 2 part series that is on a two week rotation basis. Part 1 requires pre-registration and must be completed before attending Part 2. Call 1-866-645-4584 or 1-866-MIL-HLTH and ask for a self referral into the Diabetes Education Class. Part 2 may only be booked through the clinic. The staff will assist you with scheduling Part 2 on the day you attend the Part 1 session.

Where?

**NAVAL MEDICAL CENTER
PORTSMOUTH
MAIN AUDITORIUM
Bldg 3
(Formerly Bldg 215)
2nd Floor
By NFCU**

Wednesdays

0715-0800 Check-In

0800-1200 Class

WHAT TO BRING:

-  INFORMATION TO SHARE
-  GLUCOSE LOG
-  MEAL PLAN
-  QUESTIONS
-  SPOUSE
-  SIGNIFICANT OTHER
-  LAB RESULTS IF YOU UTILIZE A CIVILIAN LAB

Point of Contact

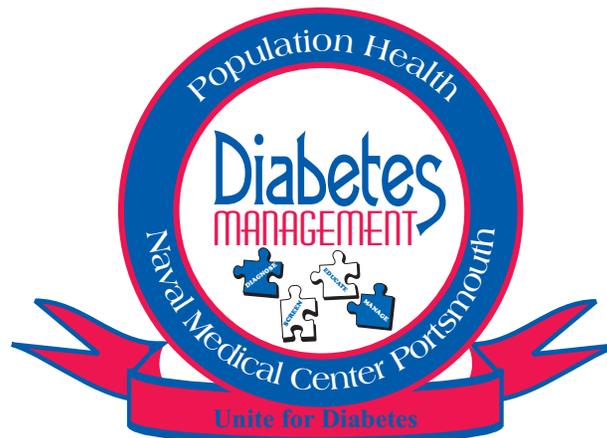
Endocrinology Division
Diabetes Clinic
953-2116/2113

Parking is located in the hospital parking garage.



Need Child Care?

The **CHILD WAITING CENTER** located in BLDG 249 is available for child care during your appointment. Call 757-953-6873 for a reservation.



Diabetes Self Management Education Program

You're not alone. Many people have diabetes and live very enjoyable productive lives. Learn strategies for managing your diabetes successfully. Meet other people with the same condition, share ideas, and get support.



Diabetes Self Management Education Program

Class Schedule

When

 **0715-0800** Check-In

 **0800-1200** Welcome, Lecture, Announcements, Questions & Answers



Due to HIPPA regulations and your privacy, we ask that you have a seat in the auditorium until you are called for check-in before class.



The path to wellness and feeling good starts with merely a single step. These classes offer that step.....

Learn strategies for managing your diabetes so that you may live an active, long & more enjoyable life.

The program is a rotating series of two four hour sessions that include the following topics:

-  Managing Stress/Lifestyle Changes
-  Exercise
-  Food Label Reading
-  Fat & Fiber in the diet
-  Dining Out
-  Prevention of Complications
-  Sick day management/Medications
-  Diabetic Foot Care/Community Resources



If you miss a class, you can attend the next session when it is offered.

05SEP12	PART 1
12SEP12	PART 2
19SEP12	PART 1
26SEP12	PART 2
03OCT12	PART 1
10OCT12	PART 2
17OCT12	PART 1
24OCT12	PART 2
31OCT12	PART 1
07NOV12	PART 2
14NOV12	PART 1
21NOV12	NO CLASS
28NOV12	PART 2
05DEC12	PART 1
12DEC12	PART 2

Part 1

Introduction to Diabetes
Prevention of Complications
Medications
Hypo/Hyperglycemia
Sick Day Management
Glucometer and Pattern Management

Part 2

Nutrition Management
Dining Out
Exercise
Stress Management
Foot Care
Goal Setting and Problem Solving