



Joslin Diabetes Center

Affiliate at Frisbie Memorial Hospital

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245 Rochester Hill Road, Suite B

Rochester, NH 03867

(603) 994-0120

Classes offered through December 2010

First Steps:

In this beginner class, you will learn:

- What diabetes is and how it affects the body;
- How to care for diabetes;
- About diabetes medications;
- The prevention and treatment of complications;
- How to handle high and low blood glucose;
- Target goals for blood glucose;
- What to do on a sick day and how to self manage your diabetes in between doctor's visits.

Day	Time	Dates
Wednesday	2:00—3:00 PM	March 10, May 12, July 14, Sept. 8, or Nov. 10
Friday	9:00—10:00 AM	Feb. 5, April 2, June 4, Aug. 6, Oct. 1 or Dec. 3

What Can I Eat:

This class provides the foundation information for meal planning. Participants will learn how food effects blood glucose control and how to read a food label as well as identify carbohydrates, proteins and fats. Develop a starter meal plan with goals for carbohydrate intake.

Day	Time	Dates
Wednesday	3:00—5:00 PM	March 10, May 12, July 14, Sept. 8, or Nov. 10
Friday	10:00 AM—NOON	Feb. 5, April 2, June 4, Aug. 6, Oct. 1 or Dec. 3

Moving in the Right Direction:

Learn the benefits of physical activity and its effect on your blood glucose level. This program teaches you how to overcome barriers to exercise as well as the benefits of stretching and strengthening. It also covers starting an exercise program plus exercises and activities to get you moving.

Day	Time	Dates
Monday	4:30—5:30 PM	January 18, March 15, May 17, July 19, Sept. 20, Nov. 15
Tuesday	1:30—2:30 PM	February 9, April 13, June 8, Aug. 10, Oct. 12, December 14

Getting To the Heart of It:

This class is designed to help people with diabetes, dyslipidemia and hypertension learn how to improve their lipid levels, control their blood pressure and other cardiovascular risk factors through better food choices, physical activity and medication. People with diabetes have an 80% chance of developing coronary artery disease. Come to this class to learn what you can do to lower your risk!

Day	Time	Dates
Wednesday	2:00—4:00 PM	February 17, May 19, Sept. 15, or November 17

Foods That Fit:

Foods That Fit is a continuation of *What Can I Eat*. Participants refine their skills in carbohydrate counting. They have a chance to estimate portions of familiar foods and then estimate carbohydrate content in those portions. The effect of different amounts and types of carbohydrate and fat on blood glucose is demonstrated via the use of a sample 3-day food and blood glucose record. In addition, the class discusses some of the challenges of dining out and various strategies to employ to maintain reasonable blood glucose control while enjoying the dining experience.

Day	Time	Dates
Tuesday	3:00—5:00 PM	January 26, April 27, or October 26

Note: Medicare and Medicaid will pay for these classes. If you have private insurance, please contact your insurance company for coverage options.

Co-pays may be applicable in some cases.

Please talk to your PCP to determine which classes you would benefit the most from. To register for classes, we must receive a referral from your PCP regardless of your insurance.

If you have any questions, please call us at (603) 994-0120.