

Joslin Diabetes Center Affiliate at Frisbie Memorial Hospital Classes offered through December 2010

First Steps

In this beginner class, learn:

- What diabetes is and how it affects the body;
 - How to care for diabetes;
 - 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

Wednesday: 2:00—3:00 p.m. July 14, September 8, or November 10
Friday: 9:00—10:00 a.m. August 6, October 1, or December 3

What Can I Eat?

This class provides the foundation information for meal planning. Participants will learn how food affects 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.

Wednesday: 3:00—5:00 p.m. July 14, September 8, or November 10
Friday: 10:00 a.m. —Noon August 6, October 1, or December 3

Moving in the Right Direction

Learn the benefits of physical activity and its affect on your blood glucose level. This program teaches 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.

NOW HELD AT FRISBIE MEMORIAL HOSPITAL'S CLASSROOM

Tuesday: 11:00 a.m. —Noon July 6, September 14, or December 14
Thursday: 1:30—2:20 p.m. August 12, or October 10

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 learn what you can do to lower your risk!

Wednesday: 2:00—4:00 p.m. September 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.

Tuesday: 9:00—11:00 a.m. July 13
Tuesday: 3:00—5:00 p.m. October 26

All classes are held at the Joslin Diabetes Center Affiliate at Frisbie Memorial Hospital unless otherwise noted.

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.

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