

Diabetes Self-Management Class

Date: Second Tuesday of each month
**A physician order is required to attend the class.*

Time: 9:00am- 4:00pm
8:30am - Register at Main Registration Desk in the HCH Lobby

Phone: Call (812) 734-3826 for information and registration.

Location: Capitol Room 2

Topics Include:

1. Definition of Diabetes and Pre-Diabetes
2. Standards of Care
3. Nutrition and Meal Planning
4. Why Exercise is Important
5. Medications for Diabetes
6. Monitoring your Blood Glucose at Home
7. Complications and How to Avoid Them
8. Additional Resources for Diabetes Care

***The Diabetes Self-Management Class
is Accredited by the American
Association of Diabetic Educators.***



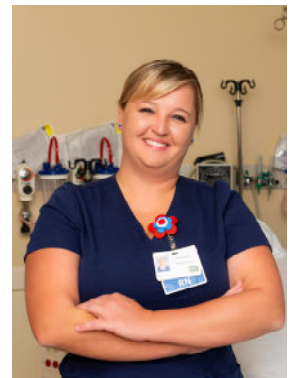
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**Marshall Redden, RD,
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HCH Registered Dietitian



Monika Kieslich, RN



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