

### A four part series

- On the Road to Better Managing Your Diabetes
- Diabetes and Healthy Eating
- Monitoring Your Blood Glucose
- Continuing Your Journey with Diabetes

Learning to live a full and healthy life is everyone's goal! You too can do that even if you have diabetes. Education is the first step to good diabetes control.

Mount Nittany Medical Center's outpatient Diabetes Self Management Education classes can give you the tools you need to successfully manage your diabetes.

The Mount Nittany Medical Center's "**Life With Diabetes**" program has been recognized by the American Diabetes Association for quality self-management education.

# Life with Diabetes

An approved outpatient  
diabetes self management  
education program



\*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

## **We will discuss ways you can:**

- Prevent long term complications
- Assist with weight loss
- Make lifestyle changes
- Adopt an exercise program
- Get the most out of your healthcare treatment

Instructors include Registered Dietitians, Physical Therapists, and Diabetes Educators.

## **Class Content**

### **1. On the Road to Better Managing Your Diabetes**

- Learning to live with diabetes, the emotional journey
- Physical activity & exercise
- Understanding Diabetes myths and Facts

### **2. Diabetes and Healthy Eating**

- What, When, and How much to eat
- Meal planning
- Feelings about Food
- Strategies for weight loss and healthy eating

### **3. Monitoring Your Blood Glucose**

- Basics of blood glucose and targets
- Monitoring your A1c
- Managing blood glucose, highs and lows
- Using blood glucose results

### **4. Continuing Your Journey with Diabetes**

- Preventing long-term complications
- Natural course of diabetes
- Three components of good diabetes care
- Know your ABCs

## **Cost**

The cost to attend the “Life with Diabetes” program is \$40. The cost includes four educational classes plus a three month follow-up class, class materials/supplies and snacks. A friend or family member may come with you at no extra charge.

## **Registration**

Pre-registration is required before class date. Class size is limited. Register early. For more information and/or to register, please call (814) 231-7194 or email [hharpster@mountnittany.org](mailto:hharpster@mountnittany.org).

## **Class Information**

Classes are held once a week for four weeks. Each class is approximately 2.5 hours long.

## **Class Dates**

Tuesday evening, 5:30 – 8:00 p.m.

- October 2, 2012
- October 9, 2012
- October 16, 2012
- October 23, 2012

Thursday afternoon, 1:00 – 3:30 p.m.

- December 6, 2012
- December 13, 2012
- December 20, 2012
- December 27, 2012

Wednesday afternoon, 1:00 – 3:30 p.m.

- February 6, 2013
- February 13, 2013
- February 20, 2013
- February 27, 2013

Tuesday evening, 5:30 – 8:00 p.m.

- April 9, 2013
- April 16, 2013
- April 23, 2013
- April 30, 2013

Wednesday morning, 9:30 – noon

- June 5, 2013
- June 12, 2013
- June 19, 2013
- June 26, 2013