

DIABETES AND NUTRITION EDUCATION

Healthy Living with Diabetes

3-Part Class Series

These are FREE 1-hour virtual classes | No referral required

Healthy Living Class #1

Gaining Better Control

This class is led by a nurse who provides the basics of diabetes self-management. You will learn about the pathophysiology of diabetes (what happens in the body that causes high blood glucose), the complications of uncontrolled diabetes and how to prevent them, as well as tools to control your diabetes.



Healthy Living Class #2

Healthy Eating for Diabetes

This class is led by a dietitian who provides the meal planning basics and how to create a meal plan specific to your needs. This class helps you learn about food and exercise and how they affect your overall health and blood glucose control.

Healthy Living Class #3

Your Plan for Success

This class is led by a nurse and takes a longer-range look at managing your diabetes in the months and years to come. You will learn about reducing your risk for chronic complications, goal setting and staying motivated over time.



Offered virtually every month on three consecutive Wednesdays (No classes in July or December). Participants must sign consent forms in advance.
Call DNE to reserve a spot 530-672-7021

