

Diabetes and Nutrition Education

Healthy Living with Diabetes 3-Part Class Series



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 when you have diabetes), the complications of uncontrolled diabetes and how to prevent them, as well 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 sugar 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, including reducing your risk for chronic complications, goal setting and staying motivated over time.



This is a free class offered virtually on three consecutive Wednesdays
Call DNE to reserve a spot (530) 672-7021