



## ***Diabetes Education 2017 Classes***

CHI Health St. Francis offers a comprehensive diabetes education class that can help you better understand diabetes and how to manage it.

The class is beneficial to those that are newly diagnosed as well as those living with diabetes. It is offered once every other month and includes two 3-hour sessions taught by a diabetes educator. One month after your sessions, you will meet for a 2-hour follow up.

### **Topics covered in the class include:**

- Diabetes basics
- Feelings and emotions associated with diabetes
- Medications used to treat diabetes
- Dietary management of diabetes
- Recognition and treatment of low blood sugar (hypoglycemia)
- Importance of exercise
- Monitoring and reporting of blood sugar levels
- Long-term complications of diabetes and how to reduce your risk
- Personal goals for optimal diabetes management

- Please call 308-398-5565 about 2-3 weeks before you would like to attend the class.
- We encourage you to bring a family member.
- We work with all insurance companies, and the class is typically covered by Medicare.

***See reverse for  
2017 Diabetes Classes***



2620 West Faidley Avenue  
Grand Island, NE 68803  
308-384-4600

[CHIhealthStFrancis.org](http://CHIhealthStFrancis.org)

## 2017 Diabetes Classes

|                 |   |
|-----------------|---|
| <b>Jan 25</b>   | Wednesday 1:00-4:00 PM SFMC 6 a/b             |
| <b>Jan 26</b>   | Thursday 1:00-4:00 PM SFMC 6 a/b              |
| <b>Feb 22</b>   | (follow up) Wednesday 1:00-3:00 PM SFMC 6 a/b |
| <b>Mar 29</b>   | Wednesday 1:00-4:00 PM SFMC 6 a/b             |
| <b>Mar 30</b>   | Thursday 1:00-4:00 PM SFMC 6 a/b              |
| <b>April 19</b> | (follow up) Wednesday 1:00-3:00 PM SFMC 6 a/b |
| <b>May 24</b>   | Wednesday 5:00-8:00 PM SFMC 6 a/b             |
| <b>May 25</b>   | Thursday 5:00-8:00 PM SFMC 6 a/b              |
| <b>June 21</b>  | (follow up) Wednesday 5:00-7:00 PM SFMC 6 a/b |
| <b>July 26</b>  | Wednesday 1:00-4:00 PM SFMC 6 a/b             |
| <b>July 27</b>  | Thursday 1:00-4:00 PM SFMC 6 a/b              |
| <b>Aug 23</b>   | (follow up) Wednesday 1:00-3:00 PM SFMC 6 a/b |
| <b>Sept 27</b>  | Wednesday 1:00-4:00 PM SFMC 6 a/b             |
| <b>Sept 28</b>  | Thursday 1:00-4:00 PM SFMC 6 a/b              |
| <b>Oct 25</b>   | (follow up) Wednesday 1:00-3:00 PM SFMC 6 a/b |
| <b>Nov 29</b>   | Wednesday 1:00-4:00 PM SFMC 6 a/b             |
| <b>Nov 30</b>   | Thursday 1:00-4:00 PM SFMC 6 a/b              |
| <b>Dec 13</b>   | (follow up) Wednesday 1:00-3:00 PM SFMC 6 a/b |

## Diabetes Support Group

Our diabetes educator also facilitates a diabetes support group every other month. The group meets in the hospital, and you may join at any time. Please call 308-398-5565 for more information.

|                |                                     |
|----------------|-------------------------------------|
| 6:30-7:30 p.m. | Feb 20                              |
|                | April 17                            |
|                | June 19                             |
|                | Aug 21                              |
|                | Oct—Diabetes Fair (To be Announced) |