

Healthy Life



Learn More About Diabetes

Diabetes Self-Management Education & Support Services

Diabetes Group Classes

Holland Hospital Conference Center

Mon 9 – 11:30 AM Thu 5:30 – 8:30 PM

Class 1

- Defining diabetes
- All about insulin resistance
- Activity and its effect on blood sugar
- Defining and treating highs and lows
- Monitoring blood sugars and targets
- Healthy coping with the ups and downs of diabetes

Class 2

- Healthy eating guidelines and defining nutrients
- Food groups and portion sizes
- Nutrition facts label reading
- Meal timing for managing blood sugars
- Alcohol and diabetes
- Dining out
- Sample meal and snack ideas
- Sick day guidelines

Class 3

- Preventing, detecting and treating complications
- Working through diabetes distress
- Identifying blood sugar result patterns
- Taking medications
- Treating highs and lows
- Setting goals & action plans

- Lead by a team of Registered Nurses and Registered Dietitians, your Diabetes Care & Education Specialists (DCES)
- Gain knowledge & support for successful diabetes management
- Prevent complications and lead a healthier life by maintaining good blood sugar control

Services Available for People Living with Diabetes

- **Initial Self-Management Education:**
1 hour individual and 7-9 hours group education
- **Annual Diabetes Management:**
2 hours individual every year
- **Medical Nutrition Therapy:**
Nutrition education - 2 hours every year
- **Gestational Diabetes Counseling:**
Includes both Diabetes Self-Management Education & Support and Medical Nutrition Therapy
- **Insulin Pump Therapy:**
Pump starts and management
- **Continuous Glucose Monitoring:**
Professional studies and personal set up and management

For more information on how to sign up, call (616) 394-3344.