

ALASKA REGIONAL HOSPITAL

# Diabetes Education



*To be healthy does not mean to be free of disease; it means that you can function, do what you want to do, and become what you want to become.*

*-Rene Jules Dubos  
1901-1982*

ALASKA REGIONAL  
HOSPITAL

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Learning you have Diabetes can be frightening, and learning how to manage it can be overwhelming at the very least. The Diabetes staff at the Health Management Center understands this and has the caring and compassion to help alleviate your fears, and the knowledge and experience to help you manage your Diabetes successfully.

In keeping with the American Diabetes Association standards, The **Taking Control Program** is a series of group education classes offered weekly for 9 weeks. The classes are designed to provide you with the skills and the practical knowledge to successfully take control of your Diabetes and your life. The series includes:

**Class 1: What is Diabetes? & Self Monitoring of Blood Glucose**

**Class 2: Nutrition 1- Healthy Meal Planning Guidelines**

**Class 3: Successful Behavior Change & Building a Support Network**

**Class 4: Exercise and Activity**

**Class 5: Medication Management & Interactions**

**Class 6: Nutrition 2- Heart Healthy Nutrition Guidelines**

**Class 7: Prevention, Detection, & Treatment of Complications and Risk Factor Reduction & Problem Solving**

**Class 8: Stress & Emotional Management**

**Class 9: Relaxation & Resources**

Educators include: Registered Nurse; Registered Dietician; and Masters prepared Exercise Physiologist

**2014 Schedule— Tuesdays 6:00-7:30pm:**

Series 1—January 7, 14, 21, 28, Feb 4, 11, 18, 25, Mar 4.

Series 2— March 18, 25, Apr 1, 8, 15, 22, 29, May 6, 13.

Series 3— June 3, 10, 17, 24, Jul 1, 8, 15, 22, 29

Series 4— Aug 12, 19, 26, Sep 2, 9, 16, 23, 30, Oct 7.

Series 5—Oct 21, 28, Nov 4, 11, 18, 25, Dec 2, 9, 16

***A Physician's order and a commitment to attend the complete series is required. There is no charge for this program, but please call to reserve your spot.***