

## Free Diabetes and Wellness Workshops

### Sesiones Gratuitas Sobre Diabetes y Bienestar Físico

Come to our free educational workshops to help you take steps to be healthy and to prevent or control diabetes. These sessions are for people of all ages who may or may not be diagnosed with diabetes. Families and friends are encouraged to attend, too!

Please use the calendar below to circle the sessions you will attend.

We recommend starting with **Diabetes 101: How Do I Take Care of My Diabetes?** which takes place every Monday from 1-2 pm.

**Workshop Walk-ins Welcome or Register in Advance**

Email: [tucsondiabetes@bannerhealth.com](mailto:tucsondiabetes@bannerhealth.com)  
 Call: (520) 626-1609  
 Online: [www.bannerhealth.com/230care](http://www.bannerhealth.com/230care)

**Call to Schedule a Personal Session**

- How to Use a Glucometer
- Why should you check your blood sugar
- Sessions with a Health Coach
- Can I Prevent Type 2 Diabetes

Venga a nuestros talleres educativos gratuitos para ayudarle a tomar los pasos necesarios para estar saludable, prevenir y controlar la diabetes. Estas sesiones son gratuitas para personas de todas las edades que tengan o no tengan diabetes. ¡Les recomendamos a su familia y amigos que asistan también!

Use el calendario más abajo para marcar con un círculo los talleres a los cuales asistirá. Le recomendamos que empiece con el siguiente: **Diabetes 101: ¿Cómo cuidar de mi diabetes?** el cual se lleva a cabo el primer jueves de cada mes a la 1-2pm.

**Para Mayor Información y Para Registrarse**

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**Programe sesiones individuales**

- ¿Cómo usar el glucómetro?
- ¿Por que es importante checar mu azucar?
- Sesiones con un instructor de salud
- Puedo prevenir la Diabetes typo 2?

### June/Junio 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	<b>5</b> 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?  6-7 pm Can I Prevent Type 2 Diabetes?	6	<b>7</b> 9-10 am Diabetes 101: Respuestas a Sus Preguntas  5:30-6:30 pm Time to Change! Ways to Improve Your Lifestyle	<b>8</b> 4-5 pm ¿Cómo Puedo Comer Más Saludable?	9	10
11	<b>12</b> 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	<b>13</b> 9-9:45 am Testing My Blood Sugar  5:30-6:30 pm Setting Goals for a Healthier You	<b>14</b> 5:30-6:30 pm Diabetes Support Group	<b>15</b> 5:30-6:30 pm Understanding Diabetes: Types, Causes, Risks, and Treatments  5:30-6:30 pm Healthy Fats and Unhealthy Fats	16	<b>17</b> 10-11:30 am Developing Healthy Boundaries
18	<b>19</b> 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	<b>20</b> 10-11 am Learn about Insulin Pumps  5:30-6:30 pm Como Alcanzar Sus Metas Alimentarias	<b>21</b> 5:30-6:30 pm Cooking with Balance	22	23	24
25	<b>26</b> 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	<b>27</b> 1-2 pm ¿Está considerando una bomba de insulina?	<b>28</b> 5:30-6:30 pm Let's Get Moving! Fitness Class	29	30	 Abrams Public Health Building 3950 S. Country Club Road, on the corner of E. Ajo Way and Country Club.



## July/Julio 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	4 <b>No Workshops Holiday</b>	5	6 1-2 pm Diabetes 101: Respuestas a Sus Preguntas 4 - 5 pm Ideas for Healthy Eating and Being Active	7	8
9	10 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	11 9-9:45 am Testing My Blood Sugar 5:30-6:30 pm Setting Goals for a Healthier You!	12 5:30-6:30 pm Diabetes Support Group	13 4-5 pm ¿Cómo Puedo Comer Más Saludable? 5:30-6:30 pm Weight Management	14	15 12 -1 pm Cooking <i>Healthy</i> Comfort Foods
16	17 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	18	19 5:30-6:30 pm Cooking with Balance	20 5:30-6:30 pm What is a Carbohydrate? Types of Carbs and Sugars	21	22
23	24 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	25 1-2 pm ¿Está considerando una bomba de insulina?	26 5:30-6:30 pm Let's Get Moving! Fitness Class	27	28	29
30	31 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?					

All workshops are for general information and support purposes only. ALWAYS check with your doctor for medical advice.

Estas sesiones ofrecen información general y apoyo. Consulte con su doctor si necesita cualquier consejo médico específico.

## How to Sign Up for Free Diabetes and Wellness Workshops

No es necesario hacer cita pero las clases pueden cambiar de horario o pueden ser canceladas, por favor llame al centro o mande un email para confirmar su asistencia.

Walk-ins are welcome! However, we strongly recommend you call or email ahead in case of a change of schedule.

(520) 626-1609

tucsondiabetes@bannerhealth.com

## Workshop Descriptions/Descripciones de las sesiones

### Workshops in English

#### **Diabetes 101: How Do I Take Care of My Diabetes?**

This workshop takes place every Monday and is for people who want to better understand their diabetes, their care, medications, etc. **Everyone should attend this workshop!**

#### **Healthy Eating & Being Active - NEW**

Learn about proper nutrition and the benefits it will have on your quality of life. Learn different ways to be active and how it will have a positive effect on your life.

#### **Why should I test my blood sugar?**

Learn how monitoring your blood sugar can help you stay healthy. Find out when to monitor and what to do when your sugar is very high or low .

#### **Goal Setting for a Healthier You!**

We'll help you set goals for your future self, discuss best tools and strategies to reach your goals, and talk of many factors that can affect your health such as stress, sleep, depression, etc. A new topic each date.

#### **Diabetes Support Group**

Participants share tips, concerns, and build support in a comfortable and safe environment.

#### **Weight Management - NEW**

Learn how to change habits, how to read labels, and how to portion control. We will explore what is emotional eating, and exercise.

#### **Cooking with Balance**

This session will provide insight on healthy cooking techniques using whole, local, and seasonal foods. *We cook it, you taste it!*

#### **Understanding Diabetes: Types, Causes, Risks, and Treatments**

Learn the meaning of diabetes, how it affects the body, and the relationship between obesity and Type 2 diabetes . Learn strategies to reduce your risks and complications.

#### **What is a carbohydrate, types of carbs and sugars**

Learn how different types of carbohydrates and natural and added sugars affect your blood sugar levels and control.

#### **Get to know your Meds**

Meet with a diabetes specialist pharmacist to learn how to get the most benefits from your meds and how over-the-counter meds can affect your diabetes or diabetes meds. This session will provide insight on healthy cooking techniques using whole, local, and seasonal foods. *We cook it, you taste it!*

#### **Let's Get Moving!**

Discover fun and easy ways to incorporate physical activity into your everyday life without going to the gym. Be prepared to get moving and wear appropriate clothing and shoes.

### Workshops On Saturday

#### **Cooking Healthy Comfort Foods - NEW**

Come and join Kristin as she demonstrates how to cook our favorite comfort foods using healthy ingredients. You'll be surprised!

### Workshops On Demand - English & Spanish

#### Call Rosi to make an appointment - Llame a Rosi para hacer su cita 626-1609

- **Can I Prevent Type 2 Diabetes? - Puedo prevenir la diabetes tipo 2?**

According to the CDC 86 million American adults have prediabetes and 9 out of 10 with prediabetes do NOT know they have it! Attend this workshop and speak with a wellness coach to learn how to reduce your risk.

- **How to use a Glucometer - Como usar el glucometro**
- **Why Should I check my Blood Sugar—Por que es importante checar mis niveles de azucar**
- **Individual health session with a Health Coach—Sesiones individuales con una instructora de salud**

### Talleres en Español

#### **¿Cómo Puedo Comer Más Saludable?**

Aprenda a comer saludable para el control de la diabetes o para un estilo de vida sano. Aprenderá qué tipos de alimentos debe limitar. **Esta clase es para personas que estén interesadas en comer mejor.**

#### **Diabetes 101 - Respuestas a Sus Preguntas**

¿Le acaban de diagnosticar diabetes o tiene algunos años con diabetes? Asista a esta sesión para que un miembro de nuestro personal del programa de diabetes conteste sus preguntas. Obtenga conocimientos básicos sobre la diabetes y aprenda cómo controlarla.

#### **¿Está Considerando Una Bomba de Insulina? ¡Aprenda Más!**

Está interesado en aprender más acerca de la bomba de insulina y cómo funciona, sus semejanzas y diferencias a las inyecciones de insulina? Ya tiene una bomba de insulina, pero quiere aprender como obtener más beneficios? Esta clase es ideal para usted!

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