

## 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?

## October/Octubre 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	3 5:30-6:30 pm Smart Snacking	4	5 1-2 pm Diabetes 101: Respuestas a Sus Preguntas	We highly recommend you register so we can contact you in case of a change of schedule	
8	9 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?  5:30 - 6:30 pm What are you buying? Understanding Packaged Foods	10 5:30-6:30 pm Setting Goals for a Healthier You!	11 5:30-6:30 pm Diabetes Support Group	12 5:30-6:30 pm Heart Healthy: nutrition, exercise & behavior tips—NEW  5:30-6:30 PM ¿Cómo Puedo Comer Más Saludable?	**We often add workshops! Call Rosi to find out the latest additions. 520-626-1609**	
15	16 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	17 5:30-6:30 pm Get to Know Your Meds! Talk to a pharmacist	18 5:30-6:30 pm Nutrition w/Johnny—Munching Moderately & Mindfully	19	20	21 12 -1 pm Cooking Healthy Comfort Foods
22	23 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	24 1-2 pm ¿Está considerando una bomba de insulina?	25 5:30-6:30 pm How can I avoid starting insulin? - New Time  5:30-6:30 pm Let's Get Moving! Fitness Class	26 4 - 5 pm Healthy Boundaries with Diabetes		
29	30 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	31 5:30-6:30 pm How to practice healthy eating	26	27	28	29

Abrams Public Health Building 3950 S. Country Club Road, on the corner of E. Ajo Way and Country Club.



**November/Noviembre 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 1-2 pm Diabetes 101: Respuestas a Sus Preguntas	3	4
<div style="border: 2px solid black; border-radius: 50%; padding: 10px; background-color: #fff9c4;"> <p>We often add workshops. Call Rosi to find out the latest additions</p> </div>						
5	6 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?  5:30 - 6:30 pm Nutrition with Tassneem	7	8 5:30-6:30 pm Diabetes Support Group	9 5:30-6:30 pm Weight Management  5:30-6:30 PM ¿Cómo Puedo Comer Más Saludable?	10	11 12 -1 pm Cooking <i>Healthy</i> Comfort Foods
12	13 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	14 5:30-6:30 pm Setting Goals for a Healthier You!	15 5:30-6:30 pm Let's Get Moving! Fitness Class	16 5:30-6:30 pm Nutrition with Bethany. A new topic every month	17	18
19	20 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	21 5:30-6:30 pm Get to Know Your Meds! Talk to a pharmacist	22 5:30-6:30 pm Nutrition w/Johnny	23 <b>HOLIDAY</b>	24 <b>HOLIDAY</b>	25
26	27 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	28 1-2 pm ¿Está considerando una bomba de insulina?  5:30 - 6:30 pm Learn all about Fiber!	29	30 4 - 5 pm Laughter does good like Medicine (stress management)	<p>We highly recommend you register so we can contact you in case of a change of schedule</p>	

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 llameal 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**



**December/Diciembre 2017**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	5 5:30—6:30pm Nutrition workshop—Topic to be determined	6	7 1-2 pm Diabetes 101: Respuestas a Sus Preguntas	8	9
10	11 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?  5:30 - 6:30 pm Nutrition with Tassneem	12 11 am - 12 pm How can I avoid starting insulin?	13 5:30-6:30 pm Diabetes Support Group	14 5:30-6:30 pm Weight Management  5:30-6:30 PM ¿Cómo Puedo Comer Más Saludable?	15	16 12 -1 pm Cooking <i>Healthy</i> Comfort Foods
17	18 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	19 5:30-6:30 pm Get to Know Your Meds! Talk to a pharmacist	20 5:30-6:30 pm Nutrition w/Johnny	21 5:30-6:30 pm Nutrition with Bethany. A new topic every month	22	23
24	25 <b>HOLIDAY</b>	26 <b>HOLIDAY</b>	27	28	29	30

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**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 Coping & Healthy Boundaries NEW**

Learn about the 7 self-management behaviors. This workshop is helpful to people with other chronic diseases as well as for people with pre-diabetes. Great information!

#### **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**

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

#### **Heart Healthy NEW - one time only**

We'll discuss nutrition, exercise and behavior tips that will help us meet our heart healthy goals!

#### **Nutrition with Bethany**

A new topic every month based on what you tell us you want to learn. Past topics have included: Carbohydrates, sugars, fats,.

#### **Nutrition with Amarissa & Molly - NEW**

10/3=Smart Snacking, 10/31=How to practice healthy eating, 12/5=TBD

#### **Nutrition with Tassneem - NEW**

10/9=What are you buying? Understanding Packaged Foods, 11/6 & 12/11 TBD

#### **Nutrition : Learn all about Dietary Fiber - NEW**

#### **Nutrition with Johnny - NEW**

Oct 18=Munching Moderately & Mindfully. Topics for Nov and Dec TBD

#### **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.

#### **How can I avoid starting insulin? - NEW**

Millions of people in the United States are "pre-diabetic" or have been recently diagnosed with type 2 diabetes. The usual progression for these conditions is to start on oral medications to treat high blood sugar, but eventually end up taking insulin injections several times per day. The good news is that many, if not most of these people do not need to follow this typical decline if they learn to recognize the factors that cause escalating blood sugars and take the necessary steps to prevent it.

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

Discover fun and easy ways to incorporate physical activity into your everyday life without having to go 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 glucómetro***
- **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

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