

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: tucson diabetes@bannerhealth.com
 Call: (520) 626-1609
 Online: 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 ayudarlo 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.

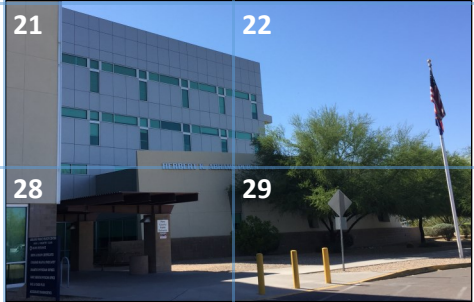

Para Mayor Información y Para Registrarse

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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?

July/Julio 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	4 No Workshops Holiday	5	6 1-2 pm Diabetes 101: Respuestas a Sus Preguntas 4 - 5 pm Ideas for Healthy Eating and Being Active	7	8
					We highly recommend you register so we can contact you in case of a change of schedule	
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		
30	31 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?				 <p style="text-align: center;">Abrams Public Health Building 3950 S. Country Club Road, on the corner of E. Ajo Way and Country Club.</p>	



August/Agosto 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3 1-2 pm Diabetes 101: Respuestas a Sus Preguntas 4 - 5 pm Monitoring and Taking Medications	4	5
6	7 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	8 9-9:45 am Why Should I Check my Blood Sugar? 5:30-6:30 pm Setting Goals for a Healthier You!	9 5:30-6:30 pm Diabetes Support Group	10 4-5 pm ¿Cómo Puedo Comer Más Saludable? 5:30-6:30 pm Weight Management	11	12
13	14 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	15 5:30-6:30 pm Get to Know Your Meds! Talk to a pharmacist	16 5:30-6:30 pm Cooking with Balance	17 5:30-6:30 pm Nutrition with Bethany	18	19 12 -1 pm Cooking <i>Healthy</i> Comfort Foods
20	21 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	22 1-2 pm ¿Está considerando una bomba de insulina?	23	24	25	26
27	28 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	29	30	31	We highly recommend you register so we can contact you in case of a change of schedule	

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



September/Septiembre 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 NO WORKSHOP Labor Day Holiday	5	6	7 1-2 pm Diabetes 101: Respuestas a Sus Preguntas 4 - 5 pm Problem Solving, Reducing Risk & Healthy Coping	8	9
10	11 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	12 9-9:45 am Why Should I Check my Blood Sugar? 5:30-6:30 pm Setting Goals for a Healthier You!	13 5:30-6:30 pm Diabetes Support Group	14 4-5 pm ¿Cómo Puedo Comer Más Saludable? 5:30-6:30 pm Weight Management	15	16
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24	25 1-2 pm Diabetes 101: How Do I Take Care of My Diabetes?	26 1-2 pm ¿Está considerando una bomba de insulina?	27 5:30-6:30 pm Let's Get Moving! Find ways to add physical activity to your day!	28 5:30-6:30 pm Understanding Diabetes: types, causes, risks, and treatments	29	30

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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!**

Monitoring and Taking Medications NEW

Learn about proper monitoring, and what do those blood sugars numbers mean and why is it important to you. Learn about the different medications that can help manage & provide the proper treatment you need.

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.

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 heath 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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