

FREE

DIABETES & WELLNESS WORKSHOPS

For People of ALL ages with Type1, Type 2, Gestational & Pre-diabetes AND their families

Register for workshops:

Email: tucsondiabetes@bannerhealth.com

Call: (520) 626-1609

Online: www.bannerhealth.com/230care



New Year, New You. Does the beginning of the year inspire you to set goals for weight loss, better diabetes management, healthier lifestyle, etc? We can help you reach your goals! We now offer individual health coaching sessions to supplement our workshops. **Call Rosi at 626-1609** for more information and to book yours!

How do I take care of my Diabetes? Diabetes

101- Answers to your questions. Every

Monday - NEW DAY 1:00 - 2:00PM

This workshop is for newly diagnosed or those who have had diabetes for a while. It is for those who have questions or need a refresher about their diabetes management.

Can I Prevent Type 2 Diabetes?

Jan 9, Feb 6, Mar 6 6:00-7:00PM

YES you can! Speak with a wellness coach to learn how to reduce your risk today! **For all ages**

Time to change! Steps to help modify your

lifestyle. Jan 4, Feb 1, Mar 1 5:30-6:30PM

We'll talk about strategies to help you eat better and manage your medications daily. Learn how to modify your lifestyle in ways you never thought possible!

Walk-ins welcome, however we strongly recommend you call /email ahead in case of a change of schedule

Cooking with balance

Jan 18, Feb 15, Mar 22 5:30-6:30PM

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

Obesity and Diabetes

Jan 26, Feb 23, Mar 23 5:30-6:30PM

We'll talk about the meaning of diabetes, how it affects our bodies, and its relationship to obesity. We'll learn strategies to help minimize complications and risks.

Nutrition with Martha *A new topic each month*

Jan 25, Mar 22 5:30-6:30PM

Nutrition with Bethany *A new topic each month*

Jan 19, Feb 16, Mar 16 5:30-6:30PM

Nutrition with Ital *A new topic each month*

Jan 11, Feb 8, Mar 8 5:30-6:30PM

Nutrition with Kinsey *A new topic each month*

Feb 7, Mar 7 5:30-6:30PM

Nutrition with Elise *A new topic each month*

Jan 25, Feb 2, Mar 2 5:30-6:30PM

Goal setting for a healthier you!

Jan 10, Feb 14, Mar 14 5:30-6:30PM

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.

Diabetes Support Group

Jan 11, Feb 8, Mar 8 5:30-6:30PM

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

Get to know your Meds

Jan 17, Feb 21, Mar 21 5:30-6:30PM

Meet with a diabetes specialist pharmacist and learn how to get the most benefits from your medications.

Considering an Insulin Pump? Learn more about it!

Jan 17, Feb 21, Mar 21 10:00-11:00AM
Learn more about insulin pumps and the difference between pumps and daily injections

How to use a Glucometer - On Demand!

In English and Spanish - call Rosi at **626-1609**

Why should I test my blood sugar?

Jan 10, Mar 14 9:00-9:45AM

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 .

Let's Get Moving!

Jan 25, Feb 22, Mar 22 5:30-6:30PM

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**

Weight Management and Diabetes

Jan 12 5:30-6:30PM

Learn how to change habits, how to read labels, and how to portion control. We will explore exercise and the meaning of emotional eating.

SATURDAY WORKSHOPS

SATURDAY Jan 21 10-12 PM

Make it a NEW season for yourself!

SATURDAY Feb 25 10-12 PM

HOW to best prepare to your doctor's appointments?

SATURDAY March 25 10-12 PM

Laughter does good! Like medicine

These sessions are for general information and support purposes. ALWAYS check with your doctor for any specific medical advice

Centro de Prevención y Educación de Diabetes

3950 S. Country Club Road · (520) 874-6477 ·

Sesiones gratuitas sobre diabetes y bienestar físico

Para personas de **TODAS** las edades con diabetes Tipo 1, Tipo 2, gestacional y Pre-diabetes y sus familias

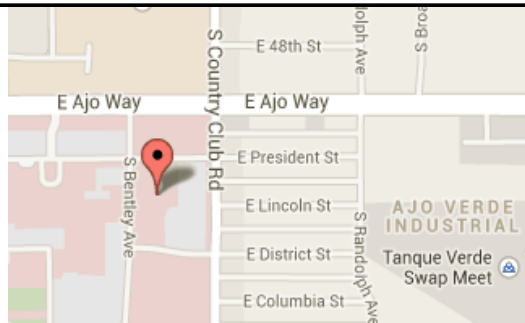
Nutrición - Salud - Estado Físico - Apoyo y ¡más!

Puede inscribirse de 2 formas:

Email: tucsondiabetes@bannerhealth.com

Teléfono: (520) 874-6477.

Web: www.bannerhealth.com/230care



DIABETES PREVENTION AND EDUCATION CENTER
Centro de prevención y educación de diabetes

LOCATED AT/UBICADO EN:

Abrams Public Health Center
3950 S. Country Club Road
First Floor / Primer Piso
Tucson, AZ 85714

Revisado: 2/3/2017

Calendario de 2017: Enero, Febrero y Marzo

Como alcanzar sus metas alimentarias- para toda la familia

Enero 19, Feb 16, Marzo 16 5:30-6:30PM

Esta clase es para personas de toda edad y para aquellos que desean ser mas saludables como familia

¿Cómo puedo comer más saludable?

Enero 12, Feb 9, Marzo 9 5:30-6:30PM

Aprenda a comer saludable para el control de la diabetes o para un estilo de vida sano. Aprenderá qué tipos de alimentos debe evitar. **Esta clase es para personas con y sin diabetes, es para todos aquellos que estén interesados en comer mejor.**

Diabetes 101 - Respuestas a sus Preguntas

Enero 4, Feb 1, Marzo 1 9:00 - 10:00AM

¿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!

Enero 24, Feb 28, Marzo 28 1:00-2:00PM

Tiene curiosidad acerca de la bomba de insulina? Le enseñaremos varias estrategias y herramientas para la administración de la insulina, que le ayudarán a controlar mejor la diabetes. Esta sesión es para personas que se inyectan insulina o usan una bomba de insulina.



Nuevo Año, Nuevo Tú!

El inicio del año es el mejor tiempo para trabajar en sus metas ya sea perder peso, ser mas activo, manejar su diabetes mejor, o simplemente ser mas saludable y sentirse mejor. Ahora ofrecemos sesiones individuales con una promotora de salud, la cual trabajará individualmente con usted para poder alcanzar sus metas. Estas sesiones complementan las sesiones gratuitas. Llame a Rosi para mayor información al 520-626-1609

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

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