April, May & June 2017

Diabetes Prevention and Education Center

3950 S. Country Club Road · (520) 626-1609 · http://deptmedicine.arizona.edu/divisions/endocrinology

FREE
DIABETES & WELLNESS WORKSHOPS
For People of ALL ages with Type 1, Type 2, Gestational & Pre-diabetes AND their families

Register for workshops:
Email: tucsondiabetes@bannerhealth.com
Call: (520) 626-1609
Online: www.bannerhealth.com/230care

How do I take care of my Diabetes? Diabetes 101 - Answers to your questions.
Every Monday - Except on Holidays 1-2PM
This workshop is for people who want to better understand their diabetes, their care, medications, etc. It doesn’t matter if you are newly diagnosed or not.

Can I Prevent Type 2 Diabetes? *YMCA
April 3, May 1, June 5 6:00-7:00PM
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.

Time to change! Steps to help modify your lifestyle. April 5, May 17, June 7 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!

Diabetes Support Group
May 10 & June 14 5:30-6:30PM
Participants share tips, concerns, and build support in a comfortable and safe environment.

Cooking with balance
April 19, May 17, June 21 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!

Diabetes: types, causes, risks, and treatments
April 27, June 15 5:30-6:30PM
We’ll talk about the meaning of diabetes, how it affects our bodies, and the relationship between obesity and Type 2 diabetes. We’ll learn strategies to help minimize complications and risks.

Nutrition with Bethany A new topic each month
April 20 & June 15 5:30-6:30PM

Nutrition with Kinsey A new topic each month
April 4 & May 2 5:30-6:30PM

Nutrition with Elise A new topic each month
April 6 & May 4 5:30-6:30PM

The Mediterranean diet & diabetes management April 12 5:30-6:30PM
Come and learn more about the Mediterranean way of eating and its long term health benefits.

You chose your foods! April 14 10-11AM
We’ll talk about the carbohydrate exchange list and will also give an example of a meal plan. Join us for this workshop where you’ll plan your own meal plan.

Get to know your Meds
April 18 & May 16 5:30-6:30PM
Do you want to learn more about your diabetes meds? Do you want information on if & how other prescription and over the counter meds can affect your diabetes or diabetes meds? Meet with a diabetes specialist pharmacists to get the answers and learn how to get the most benefits from your meds!

Goal setting for a healthier you!
May 9 & June 13 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. A new topic each date.

Considering an Insulin Pump? Learn more about it! Apr 18, May 16, Jun 20 10-11AM
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?
May 9 & June 13 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!
May 24 & June 28 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.

SATURDAY WORKSHOPS 10 to 11:30AM
April 15
How to navigate diabetes & your feelings
May 20
Becoming financially empowered
June 17
Developing healthy boundaries

We continue to offer individual health coach sessions. Call Rosi to schedule yours at no cost. 520-626-1609

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

*Presented by

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Workshops added frequently! Call 520-626-1609 for more information.
Cómo alcanzar sus metas alimentarias—para toda la familia
Abril 18, Mayo 16, Junio 20  5:30-6:30PM
Esta clase es para personas de todas las edades, con y sin diabetes! Aprenderemos como poner pequeñas metas, y qué hacer para alcanzarlas! Aprenderá cómo pequeños cambios traen gran resultados. Ideal para familias

¿Cómo puedo comer más saludable?
Abril 13, Mayo 11, Junio 8  4-5PM
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
Abril 5, Mayo 3, Junio 7  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!
Abril 25, Mayo 23, Junio 27  1-2PM
- Estás 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 cómo obtener más beneficios? Esta clase es ideal para usted!

¿Cómo usar un glucómetro?
Llame a Rosi para hacer su cita al 520-626-1609

¿Por qué es importante checar su nivel de azúcar?
Llame a Rosi para hacer su cita al 520-626-1609

Seguimos ofreciendo sesiones individuales con una promotora de salud. Para mayor información, llame a Rosi al 520-626-1609

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

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

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