April, May & June 2017

Revised 3/23/2017

Banner University Medical Center

Diabetes Prevention and Education Center

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

Workshops added frequently! Call 520-626-1609 for more information

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

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

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.

**Presented by*

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!

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

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

All workshops 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) 626-1609

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

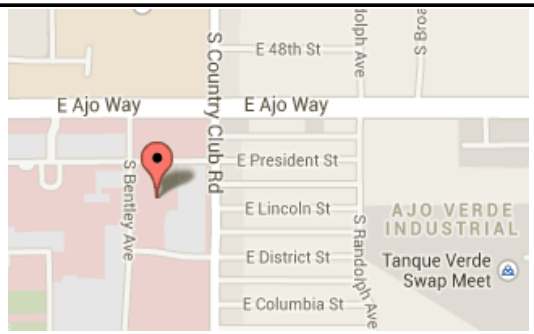
Nutrición - Salud - Estado Físico - Apoyo y ¡más!

Puede inscribirse de 3 formas:

Email: tucsondiabetes@bannerhealth.com

Teléfono: (520) 626-1609

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: 3/23/2017

Calendario de 2017: Abril, Mayo y Junio

Como 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 que hacer para alcanzarlas! **Aprenderá como 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.

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

¿Está considerando una bomba de insulina? ¡Aprenda más!

Abril 25, Mayo 23, Junio 27 **1-2PM**

- 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!

¿Cómo usar un glucómetro?

Llame a Rosi para hacer su cita at 520-626-1609

¿Por qué es importante checar su nivel de azúcar?

Llame a Rosi para hacer su cita at 520-626-1609

Seguimos ofreciendo sesiones individuales com una promotora de salud. Para mayour informacion, llame a Rosi at 520-626-1609

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

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