

## 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 de 1-2pm.


#### Para Mayor Información y Para Registrarse

Correo Electrónico: [tucsondiabetes@bannerhealth.com](mailto:tucsondiabetes@bannerhealth.com)  
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#### Programe sesiones individuales

- ¿Cómo usar el glucómetro?
- ¿Por que es importante checar my azucar?
- Sesiones con un instructor de salud
- Puedo prevenir la Diabetes tipo 2?

## January / Enero 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> HOLIDAY	<b>2</b>	<b>3</b>	<b>4</b> 1-2 pm <b>Diabetes 101: En Español— Respuestas a sus Preguntas</b>	We highly recommend you register so we can contact you in case of a change of schedule	
<b>7</b>	<b>8</b> 1-2 pm Diabetes 101: Questions & Answers about Diabetes with a Physician  5:30 - 6:30 pm Nu- trition with Tassneem	<b>9</b>	<b>10</b> 5:30-6:30 pm Diabetes Support Group	<b>11</b> 5:30-6:30 pm Weight Management  5:30-6:30 PM <b>¿Cómo Puedo Comer Más Saludable? Espa- ñol</b>	**We often add workshops! Call to find out the latest ad- ditions. 520-626-1609**	
<b>14</b>	<b>15</b> 1-2 pm Diabetes 101: Questions & Answers about Diabetes with a Physician	<b>16</b> 12-1 pm How can I avoid starting insulin?  5:30-6:30 pm Get to Know Your Meds! Talk to a pharmacist	<b>17</b> 5:30-6:30 pm Nutrition w/Johnny—	<b>18</b>	<b>19</b>	<b>20</b>  12 –2 pm Cooking <i>Healthy Comfort Foods</i>
<b>21</b>	<b>22</b> 1-2 pm Diabetes 101: Questions & Answers about Diabetes with a Physician	<b>23</b>  1-2 pm <b>¿Está considerando una bomba de insulina? Español</b>	<b>24</b> 5:30-6:30 pm Let's Get Moving! Fitness Class	<b>25</b>  4 - 5 pm Diabetes Self- Management Skills  5:30-6:30 pm Nutrition w/Rachel		
<b>28</b>	<b>29</b> Diabetes 101: Questions & Answers about Diabetes with a Physician	<b>30</b>	<b>31</b>	<b>Abrams Public Health Building</b> 3950 S. Country Club Road Corner of E. Ajo Way and Country Club		



## February / Febrero 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1-2 pm <b>Diabetes 101: En Español—</b> Respuestas a sus Preguntas	2	3
<div style="border: 2px solid black; border-radius: 50%; padding: 10px; background-color: #fff9c4;"> <p>We often add workshops. Call to find out the latest additions.</p> </div>						
4	5 1-2 pm Diabetes 101: Questions & Answers about Diabetes with a Physician	6 5:30-6:30 pm Nutrition w/Amarissa and Molly	7	8 5:30-6:30 pm Weight Management  5:30-6:30 PM ¿Cómo Puedo Comer Más Saludable? <b>Español</b>	9	10
11	12 1-2 pm Diabetes 101: Questions & Answers about Diabetes with a Physician  5:30 - 6:30 pm Nutrition with Tassneem	13 12-1 pm How can I avoid starting insulin?	14 5:30-6:30 pm Diabetes Support Group	15	16	17 12-2 pm Cooking <i>Healthy</i> Comfort Foods
18	19 1-2 pm Diabetes 101: Questions & Answers about Diabetes with a Physician	20 5:30-6:30 pm Get to Know Your Meds! Talk to a pharmacist	21 5:30-6:30 pm Nutrition w/Johnny	22 4 - 5 pm Diabetes Self-Management Skills  5:30-6:30 pm Nutrition w/Rachel	23	24
					<p>We highly recommend you register so we can contact you in case of a change of schedule</p>	
25	26 1-2 pm Diabetes 101: Questions & Answers about Diabetes with a Physician	27 1-2 pm ¿Está considerando una bomba de insulina? <b>Español</b>	28 5:30-6:30 pm Let's Get Moving! Fitness Class			

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**

March / Marzo 2017						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 1-2 pm <u>Diabetes 101: En Español</u> — Respuestas a sus Preguntas	2	3
4	5 1-2 pm Diabetes 101: Questions & Answers about Diabetes with a Physician	6 5:30—6:30pm Nutrition w/Amarissa 7& Molly—Topic to be determined	7	8 5:30-6:30 pm Weight Management 5:30-6:30 PM ¿Cómo Puedo Comer Más Saludable? <u>ESpañol</u>	9	10
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## Workshop Descriptions/Descripciones de las sesiones

### Workshops in English

#### **Diabetes 101: Questions & Answers about Diabetes with a Physician**

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!**

#### **Diabetes Self-management Skills**

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!

#### **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.

#### **Nutrition with Amarissa & Molly**

We offer a new topic every month. Some topics include: Carbohydrates, Fats, Cholesterol, etc.

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

We offer a new topic every month. Some topics include: Fiber, Proteins, Sugars, etc.

#### **Nutrition with Rachel**

We offer a new topic every month. Some topics include: Mindful eating, how to read labels, etc.

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

We offer a new topic every month. Some topics include: Healthy snacks, Feeling Fuller without Overeating

#### **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.

**\*\*IMPORTANT! All workshops are for general information and support purposes only. ALWAYS check with your doctor for medical advice.\*\***

#### **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**

**Offered by Nosotros.** 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 to make an appointment - Llame para hacer su cita 520-626-1609

- **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?**

**Offered by Juntos por su Salud.** 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!