



## Living Well with Diabetes Program

**New, Improved, And FREE!**

**Call 979-731-1231 to register.**

This comprehensive diabetes education program is now offered twice a month — **for free!** Taught by our Certified Diabetes Educator, Shelby Jaedicke, RN, MSN, and Michelle Dohrman, registered and licensed dietician, the program begins with two 3-hour core sessions, focusing on proper nutrition using carbohydrate counting, exercise, blood glucose monitoring, foot care, and other topics.

Additional monthly sessions cover special topics including *Dining Outth Diabetes*, *Strength Training*, *Eating for Heart Health*, *Diabetes and Stress*, and much more! A monthly grocery store tour at Kroger is included in the program, as well as a one-month membership with the St. Joseph Wellness Center. All sessions are held in the St. Joseph Professional Building, Suite 140 Classroom, on the St. Joseph Regional Health Center campus.

**Pre-registration is required.**

We look forward to helping you focus on *Living Well With Diabetes*. Please call St. Joseph Healthy Communities at 979-731-1231 for more information or to register for any of these outstanding opportunities!

## 2015 Schedule of Events

### September

Class	Tuesday/Thursday	September 8, 10	9:00a-12:00p
Class	Tuesday/Thursday	September 22, 24	5:30 - 8:30 p
Grocery Store Tour	Tuesday	September 15	6:30 pm
Additional Session	Thursday	September 17	6:00 pm

*Special Topic: Diabetes & Kidney Disease*

*The kidneys are remarkable organs. When blood sugar is high in diabetes, it can damage the kidneys. Join St. Joseph Nephrologist; Dr. Frederick Tan, MD, to learn how diabetes affects the kidneys and how to protect these vital organs as you control your diabetes.*

### October

Class	Monday/Wednesday	October 5, 7	9:00a - 12:00p
Class	Tuesday/Thursday	October 20, 22	5:30 - 8:30 p
Grocery Store Tour	Tuesday	October 13	11:00 am
Additional Session	Thursday	October 15	10:00 am

*Special Topic: "Holiday Eating"*

*Holiday celebrations often focus on heavy meals and special foods. Join St. Joseph Registered Dietician; Michelle Dohrman, to learn how to enjoy your time with loved ones and your special holiday foods while staying in control of your diabetes.*

## November

Class	Monday/Wednesday	November 2, 4	9:00a - 12:00p
Class	Tuesday/Thursday	November 10, 12	5:30 - 8:30pm
Grocery Store Tour	Tuesday	November 10	6:30 pm
Additional Session	Wednesday	November 18	6:00 pm

Special Topic: "Diabetes & Medications"

*Treatment for diabetes usually involves medications in addition to meal planning and exercise. Join St. Joseph pharmacist, Lois Basenfelder to discuss the oral diabetes medications, explore the new promising medications, and learn how they can help you control your diabetes.*

## December

Class	Tuesday/Thursday	December 8, 10	9:00a - 12:00p
Grocery Store Tour	Tuesday	December 15	11:00 am

*No additional session is scheduled for December*