



SUPPORT YOUR MEDICATION WITH EDUCATION



KNOWING HOW
TO MANAGE
YOUR HEALTH
CAN CHANGE
YOUR LIFE

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FALL/WINTER 2023-24 SCHEDULE FREE CLASSES

Diabetes Self-Management Education and Support (DSMES)

Gain a comprehensive understanding of all areas of diabetes and how to care for your health: includes Nutrition, Activity, Medication Management, Coping Skills and more

Connections between Prediabetes and Nutrition

How Food, Alcohol and Activity impact Blood Sugar

Nutrition Basics

Fiber, Carbohydrates, Fats, Proteins and more!

Meal Planning Tools and Tips Strategies for successful Meal Planning

Diabetes Doesn't Have You **Support Group**

Conversations of Hope and Determination

Diabetes and Physical Activity

Learn how to be active and safely manage your diabetes

DF's education programming is accredited by the:

ADCES  **DEAP**
DIABETES EDUCATION
ACCREDITATION PROGRAM