Diabetes Prevention and Education Center

3950 S. Country Club Road · (520) 874-6477 · uahealth.com/diabetescenter

FREE DIABETES & WELLNESS Workshops

The Diabetes Prevention & Education Center offers a variety of workshops focused on *cooking, fitness, weight loss,* and *overall health* for people with or without diabetes – **all at no cost!**

Cooking · Fitness · Health

Register for classes one of three ways:

Online: uahealth.com/diabetescenter
Email: tucsondiabetes@bannerhealth.com
Or **Call** (520) 874-6477

Does your plate fit *MyPlate?*

Feb 4 5:30—6:30PM

We will be discussing how to visualize portion control sizes and how to create a healthy, balanced plate using the USDA's MyPlate tool.

How to get the most benefits from Insulin

Feb 24 & March 30 8am-9am

In this class, you will learn about the basics of how insulin therapy works and how regimens are adjusted to improve your glucose levels.

Can I Prevent Type 2 diabetes?

Feb 1 & March 7 6:00-7:00pm

YES you can! Speak with a wellness coach to learn how to reduce your risk today.

2016 Schedule: *February & March*

Diabetes 101– Talk with a Doc

Feb 10 & March 9 8am-9am

Whether you have been newly diagnosed or have had diabetes for years, this class offers an informal question and answer format to meet with a physician from the Diabetes Clinic or our Diabetes Program Coordinator and have your questions about diabetes answered.

Diabetes Support Group

Feb 10 & March 9 5:30-6:30pm

Share tips, concerns, and build support in a comfortable and safe environment. *Family members and friends are welcome.*

Get to know your Meds

Feb 16 & March 22 5:30-6:30pm

Optimize the benefits of your medications and lower any risks by meeting with one of our Pharmacist.

Mastering Insulin Management: Basal/Bolus

Feb 16 & March 15 5:30-6:30pm

The class is for potential new pump patients who are using basal/bolus insulins and want to understand basal/bolus better and how to understand their basal insulin. The class also covers the differences between pump and MDI (Multiple Daily Injections) therapy.

*******Walk-ins welcome, but schedule subject to change. Please call to confirm********

Let's Get Moving!

March 16 5:30-6:30pm

Discover fun and easy ways to incorporate physical activity without going to the gym. Be prepared to get moving and wear appropriate clothing and shoes.

Healthy Eating: Meal Planning Basics

March 8 5:30-6:30pm

Learn how to create a healthy-eating plan that will help you control your blood sugar levels. This workshop will teach you the basic of healthy eating and people with and without diabetes are welcome.

How to be snack savvy!

March 31 5:30-6:30pm

We will be covering healthy snack ideas with 15 grams of carbohydrates or less and easy ways to snack on the go.

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

Banner University Medical Center

Call or see our website for more information and new workshops www.uahealth.com/diabetescenter

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Clases gratis sobre

Diabetes y Bienestar Físico

Clases de cocina · Para mantenerse en buena forma · Para la salud en general y más!

El Nuevo **Centro para la Prevención y Educación sobre la Diabetes** en el edificio de Salud Publica Abrams, proporciona una variedad de talleres enfocados en cocinar, lograr un buen estado físico, perder peso y sobre la salud en general, a toda persona sea que tenga diabetes o no.

***** Las clases pueden cambiar de horario o pueden ser canceladas, por favor llame al centro o mande un email para confirmar su atendencia*****

Para màs informaciòn, vea nuestro sitio en Internet

El horario de 2016

Febrero y Marzo

Comiendo Saludable

Feb 11 5:30-6:30pm

Aprenda a comer saludable para el control de la diabetes o para un estilo de vida saludable. Aprenderá que tipos de alimentos uno debe evitar. Esta clase es para personas con y sin diabetes, es para todos aquellos que estén interesados en comer mejor.

Diabetes 101

Feb 17 & March 23 8am-9am

¿Le acaban de diagnosticar con diabetes o talvez solamente quiere hacer algunas preguntas sobre la diabetes? ¿O tiene un familiar o amigo(a) que tiene diabetes? Venga para que un doctor de la clinica de Diabetes, o nuestra coordinadora del program de diabetes le contesten sus preguntas. Obtenga conocimientos básicos sobre la diabetes y aprenda cómo manejarla.

Terapia Intensiva de Insulina

Enero 26 1-2:30pm

Le enseñaremos varias estrategias y herramientas de administración de insulina que le ayudarán a controlar mejor la diabetes. Esta clase es para personas en inyecciones o en la pompa de insulina.

DIABETES PREVENTION AND EDUCATION CENTER LOCATED AT:

Abrams Public Health Center
3950 S. Country Club Road
Tucson, AZ 85714

Regístrese por medio de una de tres maneras:

Email: tucsondiabetes@bannerhealth.com
Teléfono: **(520) 874-6477**.
Web: **uahealth.com/diabetescenter**

******Estas clases son para ofrecer información general y apoyo. Consulte con su doctor antes de tomar cualquier decisión medica******

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