

Diabetes Prevention and Management Program

Community Education Classes



All classes are FREE to attend and are open to anyone interested in participating. Class descriptions are available on the reverse side of this page. Contact our office at 606-878-7754 for more information. *Please refer to class locations, as they vary.*

Please contact our office from 3-4:30pm on class day in the event of inclement weather. Any cancellations will also be posted on our Facebook page.

<u>DATE/TIME</u>	<u>CLASS NAME</u>	<u>LOCATION</u>
<u>September 2016</u>		
12 th 5:00-6:30	Nutrition Basics	<u>Laurel Co. Public Library</u>
19 th 5:00-6:30	Pre-Diabetes Class	<u>Laurel Co. Public Library</u>
26 th 5:00-6:30	Diabetes Basics Class	<u>Laurel Co. Public Library</u>
<u>October 2016</u>		
3 rd 5:00-7:00	Diabetes Self-Management Education Class #1	Laurel Co Health Dept.
10 th 5:00-7:00	Diabetes Self-Management Education Class #2	Laurel Co Health Dept.
17 th 5:00-7:00	Diabetes Self-Management Education Class #3	Laurel Co Health Dept.
24 th 5:00-7:00	Diabetes Self-Management Education Class #4	Laurel Co Health Dept.
<u>November 2016</u>		
14 th (time pending; evening)	Holiday Meal Planning Class	<u>UK Coop Extension Office</u>
<u>March 2017</u>		
<u>TENATIVE</u>		
13 th 5:00-6:30	Nutrition Basics (for Diabetes/Pre-Diabetes)	<u>Laurel Co. Public Library</u>
20 th 5:00-6:30	Pre-Diabetes Class	<u>Laurel Co. Public Library</u>
27 th 5:00-6:30	Diabetes Basics Class	<u>Laurel Co. Public Library</u>
<u>April 2017</u>		
3 rd 5:00-7:00	Diabetes Self-Management Education Class #1	Laurel Co Health Dept.
10 th 5:00-7:00	Diabetes Self-Management Education Class #2	Laurel Co Health Dept.
17 th 5:00-7:00	Diabetes Self-Management Education Class #3	Laurel Co Health Dept.
24 th 5:00-7:00	Diabetes Self-Management Education Class #4	Laurel Co Health Dept.

Diabetes Class Descriptions

Diabetes Self-Management Education Classes

The Diabetes Self-Management Training classes are a series of four individual classes that focus on comprehensive diabetes self-management techniques to help the individual with diabetes better care for themselves.

Each class in the four class series provides the individual and family or support persons with a wealth of information in an effort to improve the quality of life and prevent complications from the disease.

In some instances, a professional on the specific topic may be invited to cover that portion of the class. For example, a pharmacist may be invited to cover the medication section, or a podiatrist may be invited to cover foot care.

Diabetes Prevention Classes (Pre-Diabetes Class)

The Diabetes Prevention Classes are geared toward the individual with a strong family history of the disease, or for individuals just wanting to learn more about healthy lifestyle behaviors. The class focuses on healthy behaviors to prevent or reduce the risk of developing diabetes. Individuals who are overweight are at a much greater risk of developing the disease, so this class would be very beneficial for them. A diagnosis of Pre-Diabetes is not required to attend this class.

Diabetes Basics Classes

This “Diabetes 101” classes provides an general overview of managing diabetes, foods to eat, how to check blood sugar and ways to keep healthy. This class is only intended to provide an overview of nutrition and diabetes information. This is a great beginner class for anyone interested in learning the basics of diabetes. For more detailed education on nutrition and diabetes, individuals are encouraged to attend the Nutrition Basics Class or Diabetes Self-Management Education Class.

Nutrition Basics Classes

The Nutrition Basics Classes provides more detailed information regarding food choices and diabetes, including carbohydrate counting, dining out and more. This class is geared toward individuals interested in learning general nutrition guidelines regarding prevention of diabetes and management of blood glucose levels.