



## Diabetes Education

All classes are FREE to attend and are open to anyone interested in participating. Contact our office at 606-864-5187 for more information. *Please refer to event descriptions and to class locations, as they vary.* Laurel County Health Department Facebook will publish all events and any cancellations or changes.

<u>DATE/TIME</u>	<u>CLASS NAME</u>	<u>LOCATION</u>
<b><u>August 2017</u></b>		
August 15 <sup>th</sup>	Diabetes Support Group 1:30-2:30	Laurel County Health Dept.
<b><u>September 2017</u></b>		
September 19 <sup>th</sup>	Diabetes Support Group 1:30-2:30	Laurel County Health Dept.
<b><u>October 2017</u></b>		
16th 6:00-7:30	Diabetes Awareness	<b>Laurel County Library</b>
17th 1:30-2:30	Diabetes Support Group	Laurel County Health Dept.
23 <sup>rd</sup> 6:00-7:30	Diabetes Basics	<b>Laurel County Library</b>
30 <sup>th</sup> 6:00-7:30	Nutrition Basics	<b>Laurel County Library</b>
<b><u>November 2017</u></b>		
1st 9:00-1:00	Diabetes Self-Management Education	Laurel County Health Dept.
2 <sup>nd</sup> 9:00-1:00	Diabetes Self-Management Education	Laurel County Health Dept.
6 <sup>th</sup> 6:00-7:30	Diabetes Awareness	<b>Laurel County Extension Office</b>
13th 6:00-7:30	Diabetes Basics	<b>Laurel County Extension Office</b>
14 <sup>th</sup> 1:30-2:30	Diabetes Support Group	Laurel County Health Dept.
20th 6:00-7:30	Nutrition Basics	<b>Laurel County Extension Office</b>
<b><u>March 2018</u></b>		
19 <sup>th</sup> 1:30-2:30	Diabetes Support Group	Laurel County Health Dept.
20th 4:00-8:00	Diabetes Self-Management Education	<u>Undetermined</u>
21st 4:00-8:00	Diabetes Self-Management Education	<u>Undetermined</u>
<b><u>April 2018</u></b>		
17 <sup>th</sup> 1:30-2:30	Diabetes Support Group	Laurel County Health Dept.
<b><u>May 2018</u></b>		
15 <sup>th</sup> 1:30-2:30	Diabetes Support Group	Laurel County Health Dept.
<b><u>June 2018</u></b>		
19 <sup>th</sup> 1:30-2:30	Diabetes Support Group	Laurel County Health Dept.

## **Diabetes Education Descriptions**

### **Diabetes Self-Management Education**

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

Each learning session 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. There is also a light meal provided.

### **Diabetes Prevention**

The Diabetes Prevention education is geared toward the individual with a strong family history of the disease, or for individuals just wanting to learn more about healthy lifestyle behaviors. Participants will be able to assess their own risk for developing diabetes, how they can be tested for diabetes, and what blood sugar numbers mean. The focus is on developing healthy behaviors to prevent or reduce the risk of developing diabetes.

### **Diabetes Basics**

Diabetes Basics provides an 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. 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**

The Nutrition Basics Classes provides more detailed information regarding eating and diabetes. Participants will learn about how to plan meals, read food labels, carbohydrate counting, dining out and more.