

# Pre-Registration

Pre-Registration for the class is required. The class is a 2 part series that is on a two week rotation basis. Part 1 requires pre-registration and must be completed before attending Part 2. Call 1-866-645-4584 or 1-866-MIL-HLTH and ask for a self referral into the Diabetes Education Class. Part 2 may only be booked through the clinic. The staff will assist you with scheduling Part 2 on the day you attend the Part 1 session.

## Where?








**NAVAL MEDICAL CENTER  
PORTSMOUTH  
MAIN AUDITORIUM  
Bldg 3  
(Formerly Bldg 215)  
2nd Floor  
By NFCU**

**Wednesdays**

**0715-0800** Check-In

**0800-1200** Class

## WHAT TO BRING:

-  INFORMATION TO SHARE
-  GLUCOSE LOG
-  MEAL PLAN
-  QUESTIONS
-  SPOUSE
-  SIGNIFICANT OTHER
-  LAB RESULTS IF YOU UTILIZE A CIVILIAN LAB

# Point of Contact

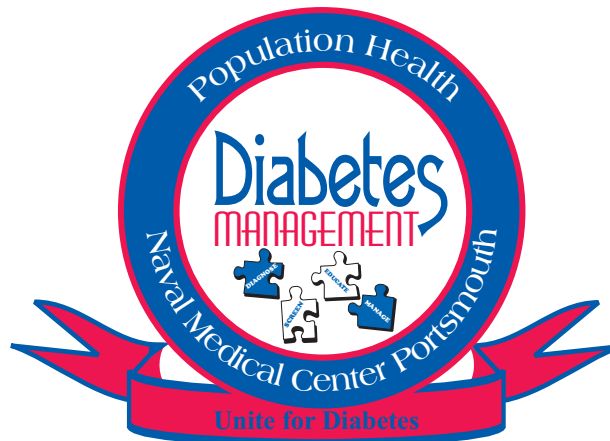
Endocrinology Division  
Diabetes Clinic  
953-2116/2113

Parking is located in the hospital parking garage.



## Need Child Care?

The **CHILD WAITING CENTER** located in BLDG 249 is available for child care during your appointment. Call 757-953-6873 for a reservation.



# Diabetes Self Management Education Program


**You're not alone. Many people have diabetes and live very enjoyable productive lives. Learn strategies for managing your diabetes successfully. Meet other people with the same condition, share ideas, and get support.**



# Diabetes Self Management Education Program

## When

 **0715-0800** Check-In

 **0800-1200** Welcome, Lecture, Announcements, Questions & Answers



Due to HIPPA regulations and your privacy, we ask that you have a seat in the auditorium until you are called for check-in before class.



*The path to wellness and feeling good starts with merely a single step. These classes offer that step.....*

Learn strategies for managing your diabetes so that you may live an active, long & more enjoyable life.

The program is a rotating series of two four hour sessions that include the following topics:

-  **Managing Stress/Lifestyle Changes**
-  **Exercise**
-  **Food Label Reading**
-  **Fat & Fiber in the diet**
-  **Dining Out**
-  **Prevention of Complications**
-  **Sick day management/Medications**
-  **Diabetic Foot Care/Community Resources**



*If you miss a class, you can attend the next session when it is offered.*

## Class Schedule

PART 1	02 SEP 15
PART 2	09 SEP 15
PART 1	07 OCT 15
PART 2	14 OCT 15
PART 1	04 NOV 15
PART 2	18 NOV 15
PART 1	02 DEC 15
PART 2	09 DEC 15
PART 1	06 JAN 16
PART 2	13 JAN 16

### Part 1

Introduction to Diabetes  
Prevention of Complications  
Medications  
Hypo/Hyperglycemia  
Sick Day Management  
Glucometer and Pattern Management

### Part 2

Nutrition Management  
Dining Out  
Exercise  
Stress Management  
Foot Care  
Goal Setting and Problem Solving