

## **DIABETES AND WEIGHT MANAGEMENT CLASSES**

### Diabetes class:

Reviews basic physiology behind Diabetes, sets target blood sugar ranges, reviews blood sugar monitoring at home, carbohydrate counting, label reading, portion control, and meal/snack ideas

### Weight Management class:

Addresses barriers to weight management and provides strategies to permanently overcome those barriers

Classes are 5:15 – 6:15 p.m. and typically are held on Wednesdays.

Instructor is Heather Gilliam, Registered Dietitian

Call 805/652-5066 to sign up for class or get more information

Classes are a one-time meeting. Follow-ups are then scheduled individually with each client in a one-on-one appointment with the Dietitian. Follow-up schedule/frequency is based on client preference.

We encourage family (or other support members) to attend with client without additional charge.

Payment may be made in cash (out of pocket -- \$48) or insurance will be billed. Client should contact insurance company to determine if class will be covered. Bring insurance card to class.

Classes are in the Nursing Training Classroom, next door to the New Patient Resource Center. Address is 2809-B Main Street. Turn onto Cabrillo off Main St, park in the back, enter through the back --- there is a blue porch and light green double doors. It is near Bagel Rock Bakery.