

Diabetes Update

Are you taking insulin and still having trouble controlling your blood sugars? Then these FREE classes are for you!

Topics Covered:

- Basic to Advanced Carbohydrate Counting
- Learn what & how a carb ratio works
- Learn why insulin sensitivity varies
- Label Reading and restaurant tips
- Importance of monitoring glucose
- Type 1 and Type 2 Diabetes
- Learn how to prevent and treat hypoglycemia
- How exercise, stress, sickness and alcohol affects blood sugar

Where: Community Memorial Hospital Training Ctr
2809 Main Street, Ventura CA 93003

**parking and 2nd entrance in back of building*

When: Every Fourth Tuesday of the Month

**Please note on August 25, 2009, class will be in the Hospital Boardroom-147 North Brent Street, Ventura, CA 93003, 8th floor*

**September's class will be Tuesday the 29th (the 5th Tuesday).*

Time: 3:00 – 4:00 pm - Basic Diabetes Education
& Carb Counting

4:00 – 5:00 pm - Insulin Therapy Options
Continuous Glucose Monitoring,
Carelink

***Space is limited. Reserve your seat and get more information by calling Theresa Grumet at (800) 646-4633 ext. 2905.**

Please call if you would like a listing of additional classes, more information on the newest technology, or for a personal demonstration.



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