

Diabetes Update

Do you have high triglycerides and abnormal cholesterol/sugar levels. 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
2809B Main St/Training Center *back entrance in parking lot!*
Call for location! *Sometimes it changes!*

When: Every Second Tuesday of the Month for 2011!
Jan 11, Feb 8, March 8, April 12, May 10, June 14, July 12, Aug 9, Sept 13, Oct 11, Nov 15, Dec 13

Time: 3:00 – 4:00 pm - Basic Diabetes Education & Carbohydrate Counting
4:00 – 5:00 pm - Insulin Therapy Options
Continuous Glucose Monitoring, Carelink

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***Space is limited. Reserve your seat and get more information by calling Theresa Grument (818) 497-8910**

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

