

Diabetes Education



Prevention and Management

Take action! Gain the knowledge, skills, and ability to live a healthy life.

Diabetes Self-Management Education Class

A one-day (6 hour) comprehensive course for those who have diabetes. Learn how to manage your diabetes and be as healthy as possible by focusing on self-care behaviors: healthy eating, being active, monitoring, taking medication, healthy coping, finding support, and more.

Diabetes Self-Management Support Class

An opportunity to share your story in a positive setting. Receive ongoing support and learn how to prevent complications from each other and guest speakers (1 hour).

Diabetes Education provider team includes:

- Audiologist
- Behavioral Health Consultants
- Dietitian
- Dental Health Aid
- Exercise Physiologist
- Health Educator
- Nurse Practitioner
- Medical Doctor
- Optometrist
- Pharmacists

To register, contact your provider to request a referral into the class
or call the Wellness Center at (907) 631-7630



Calendar on back





Note:
Classes will be delivered virtually via Zoom.

Feb. 23

- Heart Health

March 23

- Healthy Eating 101

May 25

- Reducing Stress and Healthy Coping

June 22

- Problem Solving for Blood Sugar and Sick Day Management
- Sleep Health

Sept. 28

- Medication Management

Nov. 16

- Healthy Holiday Celebration and Panel Discussion

January

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February

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March

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August

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November

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December

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