Diabetes education class begins new quarter

News

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Livingston County Health Center is excited to announce the second quarter of educational classes through its Diabetes Program. What is Diabetes? will be held on Thursday, May 17th from 1 to 3 p.m. There is no charge for the class.
Educational classes are a new opportunity for people living with diabetes to learn about their condition in order to have better success in their treatment. The health center will offer basic diabetes education through monthly classes. Other classes coming up include: Meal Planning, Diabetes Medications and Home Glucose Monitoring, and Staying Healthy With Diabetes.

The two hour educational class will be offered on the third Thursday of every month from 1-3 p.m. on a rotating quarterly basis. The sessions will include information about nutrition, medications, home glucose monitoring, exercise and avoiding long and short term complications. Content is based on self-care lifestyle changes that may need to be made to improve or control diabetes.

Classes will be taught by Anita Perry, Registered Nurse, Certified Diabetes Educator and coordinator of the health center s diabetes services. Classes are intended for the newly diagnosed person with diabetes, or the person who has been dealing with diabetes but may need a review of basic management. Those who have not been diagnosed, but have been alerted by their doctor to the possibility of developing diabetes are also welcome. There is no charge to attend classes, and individuals can attend any or all classes, and even repeat the same classes to stay on track, if they desire.

People with diabetes, unlike those with many other medical problems, can't just take pills or insulin in the morning, and then forget about their health the rest of the day. Differences in diet, exercise levels, stress and other factors may all affect blood sugar levels. The more people with diabetes learn how these factors affect them, the better control they will be able to achieve. Therefore, as the experts know and will tell you, despite all the advances in diabetes treatment, education remains the cornerstone of diabetes management.

For more information about classes including scheduled dates, visit the health center website at www.livcohealthcenter.com or our facebook page at Livingston County Health Center or call 646-5506.
All services of the health center are provided on a non-discriminatory basis.