

# 2019 Diabetes Education Classes

**No fee for classes**



January 3, 10, 17, 24 (Thursdays)
April 2, 9, 16, 23 (Tuesdays)
July 2, 9, 16, 23 (Tuesdays)
October 3, 10, 17, 24 (Thursdays)

**Time:** January classes **2:00-4:00pm**

April, July, October classes 5:30-7:30pm

**Where:** Salina Regional Health Center Please call [785-452-7600](tel:785-452-7600) to register



**Salina Regional Health Center, COMCARE, PA, and Salina Family Healthcare** have joined forces to offer free diabetes community classes

Date/Room	Topic	Time
January 3- Conf Center East April 2 - Conf Center West July 2 - Conf Center East October 3 - Conf Center East	What Is Diabetes Healthy Eating	5:30pm – 7:30pm (except January which is 2:00-4:00pm)
January 10- Conf Center West April 9 - Conf Center West July 9- Conf Center East October 10- Conf Center East	Monitoring Blood Sugars /Exercise	5:30pm – 7:30pm (except January which is 2:00-4:00pm)
January 17 - Conf Center West April 16 - Conf Room East July 16- Conf Center East October 17 - Conf Center East	Medications	5:30pm – 7:30pm (except January which is 2:00-4:00pm)
January 24 Conf Center East April 23 - Conf Center East July 23 - Conf Center East October 24 - Conf Center East	Prevention of Complications	5:30pm – 7:30pm (except January which is 2:00-4:00pm)

**Who Can Come?** This program is open to anyone including those newly diagnosed with diabetes, those who have had diabetes for a long time and anyone who simply just wants to learn more.

**Who are the Instructors?** Nurses and dietitians who are Certified Diabetes Educators, a pharmacist and a physical therapist.

(Over)

# Resources for People with Diabetes

Living with diabetes means making many changes in your life, and these changes may seem overwhelming. That's a normal reaction. When you feel down, reach out to your family and friends. Your healthcare team is also there when you have questions or need advice.

## How to help yourself

- Do things that you enjoy, like seeing a favorite movie, reading a good book or listening to music.
- Call a good friend to chat.
- Talk a walk. Physical activity can relieve stress and lift your mood.
- Stick to your treatment program. Keeping your blood glucose in your target range will help you feel better.

## How to get help from others

- Talk to your friends and family about how you're feeling. Give them information, like this health sheet, to help them understand more about diabetes.
- Join a diabetes support group. Support groups let you talk to other people with diabetes and share concerns, experiences, and tips for solving problems.
- Your local library, community center, or hospital may have information about support groups in your area.
- Some healthcare organizations support Internet-based "chat groups".

## Resources

These organizations provide information, educational programs, and other services. They are there to help you.

- American Diabetes Association  
800-342-2383  
[www.diabetes.org](http://www.diabetes.org)
- National Diabetes Information Clearinghouse  
800-860-8747  
[www.diabetes.niddk.nih.gov](http://www.diabetes.niddk.nih.gov)
- American Heart Association  
800-242-8721  
[www.americanheart.org](http://www.americanheart.org)
- American Dietetic Association  
[www.eatright.org](http://www.eatright.org)
- [www.dLife.com](http://www.dLife.com)
- Salina Regional Health Center  
[www.srhc.com](http://www.srhc.com)

Tell your healthcare provider if you're feeling helpless or hopeless or are having trouble sleeping or eating. These may be symptoms of depression, a serious but treatable problem.