2018 Diabetes Education Classes

No fee for classes

<table>
<thead>
<tr>
<th>Date</th>
<th>Date/Room</th>
<th>Topic</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>February 6</td>
<td>Conf Center West</td>
<td>What Is Diabetes</td>
<td>5:30pm – 7:30pm</td>
</tr>
<tr>
<td>February 13</td>
<td>Conf Center East</td>
<td>Healthy Eating</td>
<td>(except February which is 2:00-4:00pm)</td>
</tr>
<tr>
<td>April 3</td>
<td>Conf Center East</td>
<td>Monitoring Blood Sugars /Exercise</td>
<td>5:30pm – 7:30pm</td>
</tr>
<tr>
<td>April 10</td>
<td>Conf Rooms 3 &amp; 4</td>
<td></td>
<td>(except February which is 2:00-4:00pm)</td>
</tr>
<tr>
<td>July 5</td>
<td>Conf Rooms 3 &amp; 4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>October 2</td>
<td>Conf Center East</td>
<td></td>
<td></td>
</tr>
<tr>
<td>February 20</td>
<td>Conf Center West</td>
<td>Medications</td>
<td>5:30pm – 7:30pm</td>
</tr>
<tr>
<td>April 17</td>
<td>Conf Rooms 3 &amp; 4</td>
<td></td>
<td>(except February which is 2:00-4:00pm)</td>
</tr>
<tr>
<td>July 12</td>
<td>Conf Rooms 3 &amp; 4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>October 9</td>
<td>Conf Center East</td>
<td></td>
<td></td>
</tr>
<tr>
<td>February 27</td>
<td>Conf Room 7</td>
<td>Prevention of Complications</td>
<td>5:30pm – 7:30pm</td>
</tr>
<tr>
<td>April 24</td>
<td>Conf Rooms 3 &amp; 4</td>
<td></td>
<td>(except February which is 2:00-4:00pm)</td>
</tr>
<tr>
<td>July 26</td>
<td>Conf Rooms 3 &amp; 4</td>
<td></td>
<td></td>
</tr>
<tr>
<td>October 23</td>
<td>Conf Center East</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Time: February classes 2:00-4:00pm
April, July, October classes 5:30-7:30pm
Where: Salina Regional Health Center 785-452-7600

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

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.

To register for classes call: Organizational Development at Salina Regional Health Center 785-452-7600 (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

- National Diabetes Information Clearinghouse
  800-860-8747
  www.diabetes.niddk.nih.gov

- American Heart Association
  800-242-8721
  www.americanheart.org

- American Dietetic Association
  www.eatright.org

- www.dLife.com

- Salina Regional Health Center
  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.