FREE DIABETES & WELLNESS Workshops

The Diabetes Prevention & Education Center offers a variety of workshops focused on cooking, fitness, weight loss, and overall health for people with or without diabetes – all at no cost!

Cooking · Fitness · Health

Register for classes one of three ways:

Online: uahealth.com/diabetescenter
Email: tucsondiabetes@bannerhealth.com
Or Call (520) 874-6477

Meal Planning Basics
Sept 8, Nov 10, Dec 8  5:30-6:30pm
Learn how to create a healthy-eating plan that will help you control your blood sugar levels.

Can I prevent diabetes?
Oct 5, Nov 2, Dec 7    6:00-7:00pm
YES you can! Speak with a wellness coach to learn how to reduce your risk today.

Diabetes Support Group
Sept 9, Oct 14, Nov 18, Dec 9  5:30-6:30pm
Share tips, concerns, and build support in a comfortable environment. Family members and friends are welcome.

Diabetes 101 – Talk with a Doc
Sep 9, Oct 14, Nov 18, Dec 9  8am-9am
Meet with a physician from the Diabetes Clinic and have your questions about diabetes answered.

Get to know your Meds
Sept 15, Oct 20, Nov 17, Dec 15  5:30-6:30pm
Optimize the benefits of your medications and lower any risks by meeting with one of our Pharmacists.

Let’s Get Moving!
Sept 23, Oct 21, Nov 19  5:30-6:30pm
Discover fun and easy ways to incorporate physical activity without going to the gym. Be prepared to get moving and wear appropriate clothing and shoes.

Understanding Food
Sept 16    5:15-6:15pm
Learn how to add spice and variety to your food with simple ingredients. Let’s talk and learn about food with easily available resources.

Let’s Talk about Food and Cooking
Nov 4  5:00-6:00pm
Sample rich flavors and learn how to create great tasting food using rich ingredients to replace salt, sugar, and fat.

For best results, take the following workshops in this order:
1) Basic Carbohydrate Counting
Sept 10  5:30-6:30pm
Discover what carbohydrates are, where to find them, and how to count them.

2) Balancing Carbs and Insulin: Carb Ratio 101
Sept 15, Oct 20, Nov 17, Dec 15  12pm-1pm
Learn how to use carb ratio to match your carbohydrate intake with the right amount of insulin.

3) Mastering Insulin Management: Basal/Bolus
Sept 15, Oct 20, Nov 17, Dec 15  1:00-2:30pm
Discuss various insulin management strategies to help you better maintain blood sugar levels.

Importance of Glucose Monitoring
Oct 28, Nov 12, Dec 10  5:30-6:30pm
Monitoring your sugar levels is an important tool that reduces your risk for diabetes related complications. Get information about the signs, symptoms, and treatments for high and low blood sugar levels.

Portion Control and Consistent Carbohydrates
Nov 5, Dec 3  5:30-6:30pm
Learn how portion control and eating the same amount of carbohydrates at every meal allows you to add variety in your diet while keeping your blood sugar under control.

Call or see our website for more information and new workshops www.uahealth.com/diabetescenter

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**Diabetes Prevention and Education Center**

3950 S. Country Club Road · (520) 874-6477 · uahealth.com/diabetescenter

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**Clases gratis sobre Diabetes y Bienestar Físico**

El Nuevo Centro para la Prevención e Instrucción sobre la Diabetes en Abrams proporciona una variedad de talleres enfocados en cocinar, lograr un buen estado físico, perder peso y sobre la salud en general, a toda persona sea que tenga diabetes o no.

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**Clases de cocina · Para mantenerse en buena forma · Para la salud y más**

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**El horario de 2015 sept · oct · nov · dic**

**Terapia Intensiva de Insulina**
sept 14, oct 20, nov 17, dic 15
1-2:30pm
Descubras cómo las más poderosas estrategias y herramientas de administración de insulina pueden ayudar a controlar mejor la diabetes

**Diabetes 101**
sept 23, noviembre 25
8am-9am
¿Le acaban de diagnosticar que tiene diabetes o es solamente que quiere hacer algunas preguntas sobre la diabetes? Venga para que un doctor de la Clínica de Diabetes le conteste sus preguntas. Obtenga conocimientos básicos sobre la diabetes y aprenda cómo manejarla.

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**Regístrese por medio de una de tres maneras:**
Para registrarse previamente envíe un correo electrónico a tucsondiabetes@bannerhealth.com o llame al (520) 874-6477.
Para más clases o para registrarse por Internet, vaya a uahealth.com/diabetescenter

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Para más información, vea nuestro sitio en Internet