



Diabetes can be controlled and the progression of complications delayed with an individual treatment program that includes diet, exercise, and/or medication.

Diabetes classes offered at Decatur County Memorial Hospital are designed to teach the diabetic and his/her family more about the disease and how to implement lifestyle changes to avoid complications.

A Registered Nurse, Pharmacist and a Registered Dietitian will be teaching the classes.

Topics include:

1. Overview of diabetes
2. Medications available to treat diabetes
3. The role of exercise in treatment
4. Blood Glucose Testing: correct monitor use
5. Menus and meal patterns, portion control, restaurant eating & carbohydrate counting
6. Reading food labels to learn more about reducing fat and salt in the diet
7. Short and long term complications
6. Skin care

June 2	2:00 p.m. - 4:00 p.m.
June 9	2:00 p.m. - 4:00 p.m.
June 16	2:00 p.m. - 4:00 p.m.
July 5	2:00 p.m. - 4:00 p.m.
July 12	2:00 p.m. - 4:00 p.m.
July 19	2:00 p.m. - 4:00 p.m.
August 2	6:00 p.m. - 8:00 p.m.
August 9	6:00 p.m. - 8:00 p.m.
August 16	6:00 p.m. - 8:00 p.m.
September 1	2:00 p.m. - 4:00 p.m.
September 8	2:00 p.m. - 4:00 p.m.
September 15	2:00 p.m. - 4:00 p.m.
October 4	6:00 p.m. - 8:00 p.m.
October 11	6:00 p.m. - 8:00 p.m.
October 18	6:00 p.m. - 8:00 p.m.

Each monthly session consists of a series of three - two hour classes held at the Decatur County Memorial Hospital Conference Room D.

Classes are free to all diabetics and their family members.

For more information or to register, call 812-663-1341.

*You must register in order to participate in the class.*

**Free screenings including:**  
Fasting Blood Sugar, Lipid Profile, Ankle Brachial Index, HbgA1C

November 1	2:00 p.m. - 4:00 p.m.
November 8	2:00 p.m. - 4:00 p.m.
November 15	2:00 p.m. - 4:00 p.m.
December 6	2:00 p.m. - 4:00 p.m.
December 13	2:00 p.m. - 4:00 p.m.
December 20	2:00 p.m. - 4:00 p.m.

