2027 Healthy Living with Diabetes



Classes meet Wednesdays from 3:00 p.m.– 5:00 p.m.

Outpatient Diagnostics Center Conference Room
2300 E. 30th St. Building C
Farmington, NM

To register for Classes and additional information call 505.609.2867

Class Date:	Class Topics:
January – 6, 13, 20, 27	**CLASS 1** – What is Diabetes? – Lifestyle Changes and Testing – Glucose Pattern Management – Preventing Long Term Complications
March – 3, 10, 17, 24	**CLASS 2** – Carbohydrate Counting – Label Reading – Lipids and Heart Health Risks – Heart Healthy Nutrition Strategies
May – 5, 12, 19, 26	**CLASS 3** – Exercise and Activity – Hypoglycemia – Medications/Insulin – Stress
August – 4, 11, 18, 25	**CLASS 4** – Sick Day Management – Foot Care Issues – Alcohol and Tobacco – American Diabetes Association Standards of Care
October – 6, 13, 20, 27	

San Juan Regional Medical Center
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