

2020 Healthy Living with Diabetes

**Classes meet Thursdays from
3:00 p.m.– 5:00 p.m.**

**Bonnie Dallas Senior Center
Annex Building
208 North Wall Avenue
Farmington, New Mexico**

**To register for Classes and
additional information
call 505.609.2867**



Class Date:

Class Topics:

January – 9, 16, 23, 30

CLASS 1

- What is Diabetes?
- Lifestyle Changes and Testing
- Good Foods versus Bad Foods
- Preventing Long Term Complications

March – 5, 12, 19, 26

CLASS 2

- Carbohydrate Counting
- Label Reading
- Lipids and Heart Health Risks
- Sugar Substitutes

May – 7, 14, 21, 28

CLASS 3

- Exercise and Activity
- Hypoglycemia with Carbohydrate Counting Review
- Medications/Insulin
- Stress

August – 6, 13, 20, 27

CLASS 4

- Sick Day Management
- Making Sense of Blood Sugar Patterns
- Foot Care Issues
- Alcohol and Tobacco

October – 8, 15, 22, 29