

DIABETES EDUCATION

Free **Gestational diabetes classes** every Wednesday at 10 am and 6 pm in the Private Dining Room located in the Cafeteria. Call 708-597-2000 ext 5755 to register. Translation services available during class.

Free **Type 1 and 2 diabetes classes** the first Wednesday of the month at 1 pm in the Private Dining Room located in the Cafeteria. Call 708-597-2000 ext. 5755 to register.

Private instruction: for a one-on-one education session with a dietician, call 708-824-4659.

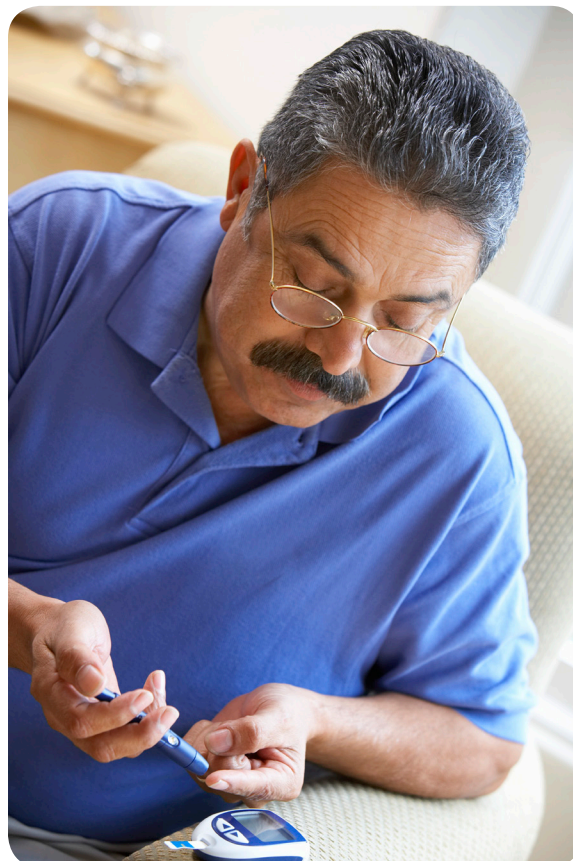
Classes will last one hour and cover:

Gestational diabetes class:

- What is gestational diabetes?
- How does gestational diabetes affect moms and babies?
- What should you be eating with gestational diabetes?
- What medications treat gestational diabetes and how to take them.
- Monitoring sugar levels and how to use a blood glucose meter.
- Recognizing low blood sugar and what to do about it.

Type 1 and Type 2 diabetes class:

- What is diabetes?
- How does diabetes affect your body?
- What should you be eating with diabetes?
- What medications treat diabetes and how to take them.
- Monitoring sugar levels and how to use a blood glucose meter.
- Recognizing high and low blood sugar and what to do about it.
- Importance of self care and regular checks-ups



Classes begin, Wednesday, October 5, 2011.



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