FREE Diabetes Tele-Education Classes

2020 Classes will be offered in
April & October
Tuesdays from 1:00 p.m. – 3:00 p.m.

Registering for the Classes is as Easy as 1-2-3:

1) Visit our website, click-on and complete the online "Registration Form"

2) Use the "Marketing Resources" on the page to spread the word about classes to your clients and community.

3) Access additional resources on the site to make your diabetes tele-education program a success:
   ✓ Class Schedule
   ✓ Technology readiness
   ✓ Class materials

Series of 4 Classes

Class #1 – “The Basics of Diabetes”
This class covers areas identified by the American Diabetes Association as essential to successfully manage diabetes. Topics include definition, diagnosis, and types of diabetes, target glucose goals, complications, oral medications, & foot care. Also, there is focus on physical activity with an interactive physical activity segment.

Class #2 – “Nutrition Basics”
This class provides up-to-date, helpful information that participants can readily use to plan meals that will improve their blood glucose control. Topics include nutrient effects on blood glucose, healthy food choices, serving sizes, reading food labels, & recommendations for fats, fiber, and healthy snack choices.

Class #3 – “Diabetes Self-Management Skills”
This class includes an in-depth discussion of insulin management, case studies to understand and interpret daily glucose patterns, and a discussion on the factors that influence glucose control. Additionally, sick day guidelines and stress management techniques are addressed that include a deep breathing activity.

Class #4 – “Healthy Eating Lifestyle Changes”
This class focuses on the “how to” aspects of changing what you eat. Topics include tips for making better food choices, portion sizes, ways to cut calories, & avoiding common eating traps. The class ends with a discussion of how to set personal goals for improving your lifestyle.

For more information contact
Viola Holmes, vjf7j@virginia.edu
or (434) 982-0173
www.med.virginia.edu/vcdpe

Register for 1 class or all of the classes!