

FOR IMMEDIATE RELEASE: [Date]
[Your Organization/Company Logo]
Contact: [Name, Phone Number, Email]

Free Classes for Managing Diabetes

[Organization name] will be offering diabetes education classes on _____
_____. These classes are **Free of Charge** for anyone interested in attending and learning how to better manage their diabetes. Four classes will be offered, and below is information about each class.

“The Basics of Diabetes” provides an overview of diabetes and covers areas identified by the American Diabetes Association as essential for successfully managing diabetes. Topics include: what is diabetes, blood glucose monitoring goals, medications, treatment of hypoglycemia, sick day guidelines, and preventing complications. Physical activity is also discussed, and a certified wellness coach gets everybody moving with a brief resistance band workout.

“Nutrition Basics” provides up-to-date information that can be readily used to plan meals that will improve their blood glucose control and overall health. Topics include nutrient effects on blood glucose, healthy food and snack choices, serving sizes, reading food labels, and meal planning strategies.

“Diabetes Self-Management Skills” provides discussion on insulin and blood glucose pattern management and how eating, activity, and medication can be adjusted to improve glucose. Stress management techniques are also discussed.

“Healthy Eating Lifestyle Changes” focuses on the “how to” aspects of changing what you eat. Topics include shopping and preparing healthy meals, ways to cut calories, and avoiding common eating traps. At the end, participants set goals for improving their lifestyle.

Classes are taught by Certified Diabetes Educators from the University of Virginia Diabetes Prevention and Education program and are broadcast live from UVA.

Don't miss this opportunity to get reliable, research-based information on how to better care for diabetes and to get your questions answered.

To register for these free classes, call [contact person] at [organization, and phone number].

The programs are presented as a public service by the Virginia Center for Diabetes Prevention and Education at the University of Virginia. Partners in this effort are the UVA Diabetes Education and Management Program and the UVA Office of Telemedicine.