

# Diabetes Dayton

## Free Education Classes

### 2012 Dates

All classes provided by & held at:  
**Diabetes Dayton**  
 2555 S Dixie Drive, Suite 112  
 Dayton, Ohio 45409

[www.diabetesdayton.org](http://www.diabetesdayton.org)

#### Diabetes 101: Education & Overview

{Part 1 of a 2 part series}

Class Instructor: Ms. Sandra Kimball NP-C, CDE

What you will learn:

- Diabetes Overview
- Explanation of the disease
- Treating highs & lows
- Monitoring properly
- Proper nutrition
- Taking medications & insulin properly

**Class time: 1:30 pm to 4:30 pm**

2012 Class Dates\*

January 14	July 14
February 11	August 11
March 10	September 8
April 14	October 13
May 12	November 10
June 9	December 8

#### Diabetes 102: Nutrition & Pulling it Together

{Part 2 of a 2 part series}

Class Instructor: Ms. Lori Quillen RD, LD, CDE

What you will learn:

- Three steps of eating well
- Choosing foods & reading labels
- Extras: sugar substitutes, alcohol, discretionary food
- Exercise
- Making changes & preventing health complications

**Class time: 1:30 pm to 4:30 pm**

2012 Class Dates\*

January 21	July 21
February 18	August 18
March 17	September 15
April 21	October 20
May 19	November 17
June 16	December 15

#### Support Group Bi-monthly Meetings

{3rd Monday of month}

Facilitator: Ms. Sandra Kimball NP-C, CDE

A support group can offer:

- Meet other people experiencing the same diabetes related issues
- Offer emotional and moral support to one another
- Stress management
- Drop-in! *No need to sign up in advance*

**Meeting time: 6:30 pm to 7:30 pm**

2012 Dates\*

January 16
March 19
May 21
July 16
September 17
November 19

# Diabetes Dayton

Local Agency Serving Local Needs

\*please note: dates are subject to change

Classes are free, but please remember to call ahead to reserve your spot!

Classes can fill up & walk-in space is not available. *Thank you!*

Please call to register for Classes:

**937/220-6611**