

## About Diabetes Education

Diabetes is a chronic condition that requires making multiple decisions throughout the day to successfully manage blood sugars and prevent diabetes-related health problems. These decisions include:

- What to eat
- When to eat
- When to take medicine
- How to check blood sugar
- What to do for high or low blood sugars
- How to manage diabetes

Our team at the Diabetes and Nutrition Care Center offers diabetes education classes throughout the year.

**UPMC Williamsport**  
**Divine Providence Campus**  
1100 Grampian Blvd., 3rd Floor

Obtain a referral from your primary care physician, then register by calling **570-326-8410**.

**[UPMC.com/DiabetesNCPA](https://www.upmc.com/DiabetesNCPA)**

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# Diabetes Education Classes



# 2023 DIABETES CLASS SCHEDULE

	<b>January</b> 1:30 to 3:30 p.m. (Wed.)	<b>March</b> 9 to 11 a.m. (Thu.)	<b>May</b> 1:30 to 3:30 p.m. (Wed.)	<b>July</b> 9 to 11 a.m. (Thu.)	<b>September</b> 1:30 to 3:30 p.m. (Wed.)	<b>November</b> 9 to 11 a.m. (Thu.)
<b>Class 1</b>	Jan. 4	Mar. 2	May 3	July 6	Sept. 6	Nov. 2
<b>Class 2</b>	Jan. 11	Mar. 9	May 10	July 13	Sept. 13	Nov. 9
<b>Class 3</b>	Jan. 18	Mar. 16	May 17	July 20	Sept. 20	Nov. 16
<b>Class 4</b>	Jan. 25	Mar. 23	May 24	July 27	Sept. 27	Nov. 30
<b>Class 5 (1 hour)</b>	Apr. 5 2 to 3 p.m.	June 15 9 to 10 a.m.	Aug. 2 2 to 3 p.m.	Oct. 5 9 to 10 a.m.	Dec. 6 2 to 3 p.m.	Feb. 1, 2024 9 to 10 a.m.

## CLASS DESCRIPTIONS

### Class One (two hours)

- Behavior change
- Home blood sugar monitoring
- Overview of types of diabetes
- Signs and symptoms
- Treatment goals

### Class Two (two hours)

- Basic carbohydrate counting
- Dining out guidelines
- Nutrition facts, label reading
- Nutrition overview

### Class Three (two hours)

- Exercise
- High and low blood sugar prevention
- Medications
- Sick day guidelines
- Stress management

### Class Four (two hours)

- Family role in diabetes management
- Personal care (feet, skin, eyes, heart, teeth)
- Preventing complications
- Resources
- Support system
- Preparation for travel

### Class Five (one hour)

- Diabetes update
- Problem solving
- Revisiting your support system