

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

2024 DIABETES CLASS SCHEDULE

	January 1:30 to 3:30 p.m. (Wed.)	March 9 to 11 a.m. (Thu.)	May 1:30 to 3:30 p.m. (Wed.)	July 9 to 11 a.m. (Thu.)	September 1:30 to 3:30 p.m. (Wed.)	November 9 to 11 a.m. (Thu.)
Class 1	Jan. 3	Mar. 7	May 1	July 11	Sept. 4	Nov. 7
Class 2	Jan. 10	Mar. 14	May 8	July 18	Sept. 11	Nov. 14
Class 3	Jan. 17	Mar. 21	May 15	July 25	Sept. 18	Nov. 21
Class 4	Jan. 24	Mar. 28	May 22	August 1	Sept. 25	December 5
Class 5 (1 hour)	Apr. 3 2 to 3 p.m.	June 13 9 to 10 a.m.	Aug. 7 2 to 3 p.m.	Oct. 3 9 to 10 a.m.	Dec. 4 2 to 3 p.m.	Feb. 6, 2025 9 to 10 a.m.

CLASS DESCRIPTIONS

Class One (two hours)

- Blood sugar monitoring
- Overview of types of diabetes
- Signs and symptoms
- Treatment goals
- Setting SMART goals for lifestyle changes

Class Two (two hours)

- Basic carbohydrate counting
- Dining out guidelines
- Nutrition facts, label reading
- Meal planning strategies

Class Three (two hours)

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

Class Four (two hours)

- Personal care (feet, skin, eyes, heart, teeth)
- Preventing complications
- Resources
- Support system
- Travel and disaster preparedness

Class Five (one hour)

- Diabetes update
- Problem solving
- Revisiting your support system