

Knowledge = Power

You can control your diabetes if you are equipped with the knowledge and skills available today. This course will empower you to manage your diabetes.

Content of Course

The Course Contents aims at helping participants identify and adopt self-care behaviors that will help in the management of diabetes.

- What is Diabetes
- Healthy Eating
- Being Active
- Monitoring
- Taking Medications
- Healthy Coping
- Reducing Risks
- Problem Solving/Goal Setting

2009 Schedule

At St. Joseph Medical Center

Tuesday Evening Sessions, 6:30 – 8:30 p.m.

Attend one series of four classes

February 3, 10, 17, 24

April 7, 14, 21, 28

May 5, 12, 19, 26

July 7, 14, 21, 28

October 6, 13, 20, 27

November 3, 10, 17, 24

Saturday Morning Sessions, 8 a.m. - noon

Attend one series of two classes

January 10, 17

March 7, 14

June 6, 13

September 12, 19

December 5, 12

At St. Mary's Medical Center

Tuesday Evening Sessions, 6:30 – 8:30 p.m.

Attend one series of four classes

January 6, 13, 20, 27

March 10, 17, 24, 31

May 5, 12, 19, 26

September 8, 15, 22, 29

December 1, 8, 15, 22

Saturday Morning Sessions, 8 a.m. - noon

Attend one series of two classes

February 21, 28

April 18, 25

July 18, 25

August 15, 22

October 3, 10

November 7, 14

In addition to the classes, your course includes a one-on-one session with a dietitian and a one-hour pre-assessment session. Price is subject to change. Please call for current price.

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The Diabetes Management Course costs \$360 per family. All or a portion of this fee may be covered by your health insurance. Price is subject to change. Please call for current price.

Participants are responsible for all costs not covered by their insurance plan. Carondelet Health reserves the right to cancel classes four days prior if enrollment is not sufficient.

If you have questions, contact:

Catherine Parkhurst, RN, CDE or
Nancy Mack, RN, CDE

816-943-2489

at St. Joseph Medical Center

Diane Warren, RN, CDE

816-655-5244

at St. Mary's Medical Center

Pregnancy and Diabetes

Individualized education and counseling with the Diabetes Nurse Educator and Dietitian is available to meet the needs in women of childbearing capacity. Diabetes management preconception, during pregnancy, and gestational diabetes control are addressed.

Diabetes Management Course

To register for classes at
St. Joseph Medical Center
816-943-4799 option 2

To register for classes at
St. Mary's Medical Center
816-655-5515

Monday – Friday • 8 a.m. – 5 p.m.

Physician offices may fax referral to:

St. Joseph Medical Center
816-943-4560

St. Mary's Medical Center
816-655-5283

and patients will be called to enroll in class.

For your convenience and future reference, please write your schedule below.

Have a pen ready when you call to register

Pre Class Assessment

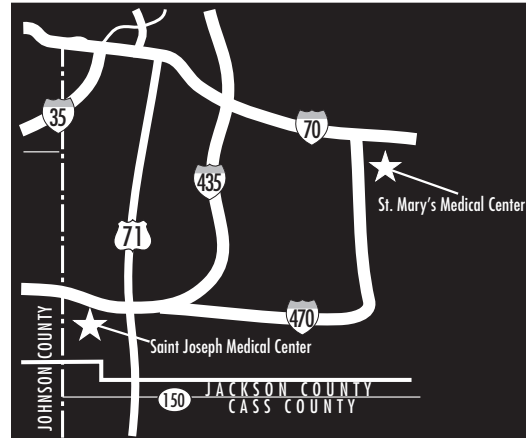
Class Date Time

Individual Nutrition Appointment

Locations

St. Joseph Medical Center is conveniently located at I-435 and State Line Rd.

St. Mary's Medical Center is conveniently located in Blue Springs, Missouri, 20 miles east of Kansas City.



* This diabetes patient education program has been awarded Recognition by the American Diabetes Association in accordance with the National Standards for Diabetes Patient Education Programs.



Acceptance and participation in this program is the same for everyone, regardless of race, national origin, gender, age, disability or religious preference.

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Diabetes Management Course

2009

life

Caring for life.



www.carondelethealth.org