

# WEST RIVER HEALTH SERVICES

## LIVING WITH DIABETES

*A series of education\* programs in 2012 to help you stay healthy*



**Where: West River Health Services**

**Classroom 1**

**1000 Highway 12**

**Hettinger, North Dakota**

(Use the Main entrance and register at the desk)

**When: 2:00pm - 4:00pm**

**To Register:** Call the Diabetes Education Department

**567-6203 or 1-800-732-0685.**

Pre-registration is required.

**Cost:** There is a charge for the classes, which may be covered by your insurance or Medicare. Call them to verify your benefits.

**1. How to Live with Diabetes (January 9, March 12, May 14, July 9, September 10)**

*Presented by Barbara West, R.N.C, C.D.E.*

Understand what diabetes is, how food, activity, and emotions affect how you feel, and how to make changes for better health.

**2. Counting Carbohydrates (January 23, May 21, September 24)**

*Presented by Linda Nudell, R.D., L.R.D., C.D.E.*

The "Diabetic Diet" is a thing of the past. You know what you like to eat, learn how to "count" it!

**3. Heart Healthy Eating (March 26, July 23, November 12)**

*Presented by Linda Nudell, R.D., L.R.D., C.D.E.*

You can enjoy every bite and also do what is good for your heart!

**4. Monitoring Your Blood Sugar (Feb.13, April 9, June 11, August 13, October 8)**

*Presented by Barbara West, R.N.C, C.D.E.*

Discover which meter is best for you and what to do with the results.

Find out how to prevent high and low blood sugars, and what to do when you are ill.

**5. Medications and Diabetes (Feb. 27, April 23, June 25, August 27, October 22 )**

*Presented by Barbara West, R.N.C, C.D.E.*

Discover what medicines and yes, even insulins, are available and how they can help you manage your diabetes and prevent complications.