

DIABETES WELLNESS EDUCATION CENTER

University of Illinois Hospital & Health Sciences System – February 2018

Nutrition and Wellness Center 1801 W. Taylor Street, Room 1C Chicago IL 60612 Call 312-413-3631 to make your appointment today

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>YOUR DIABETES TEAM IS:</p> <p>Kat Koller RD, LDN, CDE</p> <p>Christina Moy RN, CDE</p> <p>Rossana Espinoza RN, CDE</p> <p>Shiyun Kim PharmD, CDE</p>				<p>1</p> <p>1-2p Diabetes and Pregnancy</p>	<p>2</p>	<p>3</p>
	<p>5</p> <p>8:30-9:30a Advanced Carb Counting</p> <p>10-11:30a Intro to Insulin Pumps & CGMS</p>	<p>6</p> <p>1-2:30p What's to Eat</p>	<p>7</p> <p>8:30-10a Diabetes 101</p> <p>10:30-12a What to Eat</p>	<p>8</p> <p>8:30-10a Diabetes 101 (SPANISH)</p> <p>10:30-12p Que Hay Para Comer? (SPANISH)</p> <p>1-2p Diabetes and Pregnancy</p>	<p>9</p>	<p>10</p> 
<p>11</p> 	<p>12</p>	<p>13</p>	<p>14</p> <p>8:30-10a Diabetes 101</p> <p>10:30-12a What to Eat</p>	<p>15</p> <p>1-2p Diabetes and Pregnancy</p>	<p>16</p>	<p>17</p>
<p>18</p>	<p>19</p> <p>8:30-9:30a Advanced Carb Counting</p> <p>10-11:30a Intro to Insulin Pumps & CGMS</p>	<p>20</p> <p>1-2:30p What's to Eat</p>	<p>21</p> <p>8:30-10a Diabetes 101</p> <p>10:30-12a What to Eat</p>	<p>22</p> <p>1-2p Diabetes and Pregnancy</p>	<p>23</p>	<p>24</p>
<p>25</p>	<p>26</p>	<p>27</p> <p>1:30-3p Diabetes 101 (SPANISH)</p> <p>3-4:30p Que Hay Para Comer? (SPANISH)</p>	<p>28</p> <p>8:30-10a Diabetes 101</p> <p>11a Diabetes and Emotions</p> <p>10:30-12a What to Eat</p>			

Call 312-413-3631 to Schedule a Class

DIABETES EVALUATION

This hour is spent individually with one of our program Certified Diabetes Educators. We want to welcome you to our program and get to know your individual learning needs. Please bring your meter, medications and health history.

WHAT'S TO EAT CLASS

This 90 minute class focuses on how carbohydrates affect your blood sugar. Carbohydrates, fat and proteins are identified. This class will help you to understand which foods affect your blood sugar and how much you should eat.

DIABETES 101 CLASS

This 90 minute class is an introduction to diabetes. This class discusses what diabetes is and how you will take care of yourself. This is a good class for anyone who feels they do not know much about their diabetes condition.

ADVANCED CARBOHYDRATE CLASS

This 60 minute class is for the person who has had the What's to Eat class or who already understands what carbohydrates are. This class focuses on gram counting and specific meal planning skills.

DIABETES AND EMOTIONS CLASS

This 60 minute class provides information that will empower you to take control of the disease and help you deal with day-to-day issues. This class is meant to help you understand how health conditions can take a toll on your mental health and provide you with strategies for coping.

DIABETES AND PREGNANCY CLASS

This 60 minute class is for the pregnant woman to understand how to control her blood sugars during pregnancy. Participants will leave with knowledge about dietary guidelines, blood sugar testing and goals, and recommendations for exercise and post-partum care.

INTRO TO INSULIN PUMPS AND CGMS CLASS

This 90 minute class will introduce you to the different types of insulin pumps and Continuous Glucose Monitoring (CGM) systems available to you. We will discuss basic insulin pumping terminology, and requirements for starting on an insulin pump.