

Diabetes Self-Management Education



Huggins Hospital's Community Education Program presents:

Diabetes Self-Management Education: *Conversation Maps*

Mondays 10 AM - Noon

Session 1: January 18 & 25, February 1 & 8

Session 2: March 1, 8, 15 & 22

Session 3: April 5, 12, 19 & 26

Join Huggins Hospital health care professionals in a series of workshops using Conversation Maps to:

- Learn about diabetes and lifestyle modifications that can lead to improved diabetes self-management and successful health-related outcomes
- Set goals for behavioral changes that lead to a healthier you
- Share experiences with a supportive peer group on how to cope with diabetes

This Community Health Education Program will be held in the Huggins Hospital Medical Arts conference room. A nominal fee is charged per class. Significant others are welcome!

For more information and to register, please call 569.7549

Pre-registration is required ~ class size is limited.

Presented by:

Patricia Walker, RD, LD, CDE

Out-patient Dietitian & Certified Diabetes Educator



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