

St. Anthony Hospital
2801 St. Anthony Way
Pendleton, OR 97801

Diabetes Group Education Series

EDUCATION SERIES OVERVIEW

You will learn from

- A certified diabetes educator
- A dietitian
- Other people living with diabetes

Designed for people who are:

- Newly diagnosed
- Living with diabetes for many years

Topics covered include:

- Defining diabetes
- Target blood glucose levels
- Managing high and low blood sugars
- Eating to control blood sugar levels
- Utilizing blood sugar monitoring
- Preventative healthcare for diabetes
- Preventing long-term complications
- Medication options



2019 SESSION SCHEDULE

February 7, 14, 21, 28
9:30 AM – 11:30 AM

August 7, 14, 21, 28
5:30 PM – 7:30 PM

April 10, 17, 24
May 1
5:30 PM – 7:30 PM

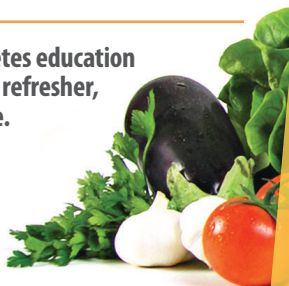
October 3, 10, 17, 24
1:30 PM – 3:30 PM

June 6, 13, 20, 27
1:30 PM – 3:30 PM

*Series may also be scheduled
as an individual to meet your
schedule needs.*

For those who have completed a diabetes education series in the past and are looking for a refresher, we offer a 2-hour Yearly Review Course.

March 6 1:30 - 3:30 PM
May 1 9:30 - 11:30 AM
July 3 1:30 - 3:30 PM
September 4 9:30 - 11:30 AM
November 6 1:30 - 3:30 PM



Patients who complete our Diabetes Group Education Series lower their A1C by an average of **1.23%**.

**CALL TODAY
TO REGISTER!**
(541) 278-3249

Melissa Naff, RD, LD, CDE
(541) 278-3249 PHONE
(541) 966-0504 FAX
melissanaff@chiwest.com

Most major insurance, Medicare, and Medicaid accepted.