



### **MANAGING DIABETES EDUCATION\* PROGRAM** (A 4-Week Class Series)

**Locations & Times: see schedule on reverse side**

*Instructors:* Angela Serafin, RN, MSN, CDE – 610-208-4626  
Elizabeth Hawk, MS, RDN, CDE – 610-378-2031

#### **Sessions**

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**Week 1 UNDERSTANDING DIABETES, ITS MANAGEMENT & SELF CARE**

- What is diabetes?
- Types of diabetes
- Principles of Diabetes Control
- Role of Physical Activity
- Personal hygiene/Foot Care/Dental Care
- Goal Setting

*Instructor:* Angela Serafin, RN, MSN, CDE

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**Week 2 UNLOCKING THE MYSTERIES OF THE DIABETIC DIET**

- Plate Method
- Balancing your Meals
- Label Reading
- Carbohydrate Counting
- Weight Management

*Instructor:* Elizabeth Hawk, MS, RDN, CDE

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**Week 3 MEDICATIONS, MONITORING, & ACUTE COMPLICATIONS**

- Oral diabetes medications
- Blood and urine testing
- Hypoglycemia
- Insulin Therapy
- Non Insulin Injectables
- Sick Day Management

*Instructor:* Angela Serafin, RN, MSN, CDE

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**Week 4 DINING OUT, VACATIONS, EXERCISE, LONG TERM COMPLICATIONS & STRESS**

- Dining Out/Vacations
- Risk Reduction Interventions
- Exercise & food adjustments
- Heart Healthy Eating
- Stress Management & Problem Solving

*Instructors:* Elizabeth Hawk, MS, RDN, CDE

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\*Medicare and other health insurers often cover the program costs.

**Please contact your insurance provider for questions regarding your individual coverage.**



**Cure • Care • Commitment<sup>SM</sup>**

\*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

# MANAGING DIABETES EDUCATION PROGRAM



## PennState Health St. Joseph

Reading, PA

2017 Dates For Classes	Day and Time	Location
January 5, 12, 19, 26	Thursday 9 – 11:30am	Bern Campus
February 7, 14, 21, 28	Tuesday 1 – 3:30pm	Bern Campus
March 8, 15, 22, 29	Wednesday 6 – 8:30pm	Exeter Ridge
April 4, 11, 18, 25	Tuesday 6 – 8:30pm	Bern Campus
May 4, 11, 18, 25	Thursday 9 – 11:30am	Bern Campus
June 7, 14, 21, 28	Wednesday 6 – 8:30pm	Exeter Ridge
July 6, 13, 20, 27	Thursday 9 – 11:30am	Bern Campus
August 1, 8, 15, 22	Tuesday 1 – 3:30pm	Bern Campus
September 5, 12, 19, 26	Tuesday 6 – 8:30pm	Bern Campus
October 4, 11, 18, 25	Wednesday 6 – 8:30pm	Exeter Ridge
November 2, 9, 16, 30	Thursday 9 – 11:30am	Bern Campus

### **LOCATION KEY:**

#### **Bern Campus:**

2500 Bernville Road (Rte. 183), Reading, PA – 610-378-2000.

*Enter Hospital through the Main Lobby and take the elevator to the second floor, Franciscan Conference Rooms are straight ahead.*

#### **Exeter Ridge Health Complex:**

3970 Perkiomen Avenue, Reading, PA 19606 – 610-404-2230.

### **CONTACT PERSONS:**

Angela Serafin, RN, MSN, CDE, Coordinator of Diabetes Education – 610-208-4626

Elizabeth Hawk, MS, RDN, CDE, Registered Dietitian – 610-378-2031

**Call Central Scheduling at 610-378-2100 to Register.**