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

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

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

Week 3 MEDICATIONS, MONITORING, & ACUTE COMPLICATIONS
- Oral diabetes medications
- Blood and urine testing
- Hyperglycemia
- Ketoacidosis
- Hypoglycemia
- Insulin Therapy
- Non Insulin Injectables
- Sick Day Management

Instructor: Angela Serafin, RN, MSN, CDE

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

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

Please contact your insurance provider for questions regarding your individual coverage.
# Managing Diabetes Education Program

**PennState Health St. Joseph**  
Reading, PA

<table>
<thead>
<tr>
<th>2018 Dates For Classes</th>
<th>Day and Time</th>
<th>Location</th>
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<tbody>
<tr>
<td>January 4, 11, 18, 25</td>
<td>Thursday 9 – 11:30am</td>
<td>Bern Campus</td>
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<tr>
<td>February 6, 13, 20, 27</td>
<td>Tuesday 1 – 3:30pm</td>
<td>Bern Campus</td>
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<tr>
<td>March 7, 14, 21, 28</td>
<td>Wednesday 6 – 8:30pm</td>
<td>Exeter Ridge</td>
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<tr>
<td>April 3, 10, 17, 24</td>
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<td>May 3, 10, 17, 24</td>
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<td>June 6, 13, 20, 27</td>
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<td>July 5, 12, 19, 26</td>
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<td>October 3, 10, 17, 24</td>
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<td>November 1, 8,15, 29</td>
<td>Thursday 9 – 11:30am</td>
<td>Bern Campus</td>
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</tbody>
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**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, Suite 101, 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.