

2016 Diabetes Basics Program

Nutrition Care, Lyster Army Health Clinic

Come join us for the interactive patient oriented Diabetes Basics Program where you will learn about preventing and controlling diabetes. Using the International Diabetes Center "Diabetes Basics" Curriculum, we will provide you with all the tools you need to help decrease your glucose, A1c and reduce your risk for diabetes complications. The program consists of four education classes in which you will learn to identify your individual focus areas needed to control your diabetes, to manage your glucose, to decrease complications related to abnormal glucose, and to update you on the newest diabetes care guidelines.

- The four lessons are taken over a 2 to 4 month period . It is recommended to take the first 2 classes in one month, class 3 the following month and class 4 a month later. The program is available to all Active Duty Military, Retirees and Family Members who are authorized care at LAHC.

•Classes are held on Thursdays 0900-1200.

- After completion of the classes, at least one individual visit with the Registered Dietitian is recommended.
- Continuing diabetes education is recommended yearly.

Lesson 1 Week one	Lesson 2 One to four weeks after Lesson 1	Lesson 3 Four weeks after lesson 2	Lesson 4 Four weeks after lesson 3
Getting Started	Meal Planning and Success Plan	Disease Progression and Complications	Solving Blood Glucose Problems
7 Jan	14 Jan	18 Feb	24 Mar
4 Feb	11 Feb	17 Mar	28 Apr
3 Mar	10 Mar	21 Apr	26 May
7 Apr	14 Apr	19 May	23 Jun
5 May	12 May	16 Jun	28 Jul
2 Jun	9 Jun	21 Jul	25 Aug
7 July	14 Jul	18 Aug	22 Sep
4 Aug	11 Aug	15 Sep	27 Oct
1 Sep	8 Sep	20 Oct	21 Nov
6 Oct	13 Oct	17 Nov	22 Dec
3 Nov	10 Nov	15 Dec	26 Jan
1 Dec	8 Dec	19 Jan	23 Feb

**Contact the Nutrition Care Clinic
to schedule classes
255-7986**

*Class dates and/or times are subject to change.

