



Diabetes Classes

For people with Type 2 Diabetes

Classes are FREE | 9:00am – 3:00pm

Join us for a free one-day course on the self-cares for diabetes at home. This class is intended for people with Type 2 Diabetes who would like to learn more about living well. Teachers are certified educators through the National Certification Board for Diabetes Educators.

Class topics:

- What is Diabetes?
- Mindful eating for better health
- Dining out with Diabetes
- Keeping physically active
- Diabetes medications
- Glucose meters, understanding the numbers
- Dealing with stress and sickness
- Taking care of your feet
- Avoiding complications
- Goal setting

Participants will receive a free glucose meter and learner's guide. Lunch and snacks will be served. Reserve your seat by calling (208) 934-9886. Participants may bring a guest.

Class Schedule

April 11
Camas County Senior Center

(208) 934-9886