

DIABETES SELF MANAGEMENT

FREE

The Taking Care of My Diabetes Program is designed to meet your individual needs while creating a foundation of knowledge necessary to successfully manage your diabetes.

3 - WEEK DIABETES MANAGEMENT COURSE

Our most comprehensive course.

Meets 3 consecutive Wednesdays most months.

- Practical information about self-care management
- Positive lifestyle options to prevent & reduce complications
- Meal planning & carbohydrate counting to fit your lifestyle
- Diabetes Medications, Sick Day Management, Travel
- Updates on new diabetes treatments & technology

NEXT STEPS IN CONTROL (One 2 hour session)

- This class is ideal for the person who is not ready to commit to a 3-week course
- Frustrated with high A1c?
- Do you need to start insulin or better understand why the doctor wants to start you on insulin? Are you already taking insulin? This may be the class for you!
- We will address the obstacles that may be preventing good blood sugar control

DIABETES SUPPORT GROUPS *Prior registrations not required*

1st Thursday of every month 11am-12pm

2nd Thursday of every month 7-9pm

MEDICAL NUTRITIONAL COUNSELING

Please call **760.940.5433** for more information
or email Askadietitian@tcmc.com

**PRE-REGISTRATION IS
REQUIRED FOR CLASSES**

760.644.1201



Tri-City Medical Center



OUR INSTRUCTORS

- **LISA CARTER, RN, BS, CDE**
Registered Nurse / Certified Diabetes Educator
- **DINO CINQUEMANI, RD**
Registered Dietitian

OUR ADVISOR

- **CHRIS K. GUERIN, MD, FACE**

LOCATION

**TRI-CITY MEDICAL CENTER
CLASS ROOMS**

4002 Vista Way
Oceanside, CA 92056