

## Diabetes Self-Management Workshop

### About the Workshop

Join our team of Certified Diabetes Educators in an interactive self-management workshop for adults with diabetes. Each session in this four-week course will focus on helpful techniques to better manage diabetes and improve your overall health.

Convenient evening classes are offered in the ADC Endocrinology Department located inside St. David's North Austin Medical Center. Please bring your glucose meter with you and arrive at least fifteen minutes prior to class time.

### Schedule

<b>Class 1</b>	<b>Diabetes Basics</b>	<b>6:00 pm – 8:00 pm</b>	<b>February 7, 2018</b>
<b>Class 2</b>	<b>Healthy Eating</b>	<b>6:00 pm – 8:00 pm</b>	<b>February 14, 2018</b>
<b>Class 3</b>	<b>Reducing Risk</b>	<b>6:00 pm – 8:00 pm</b>	<b>February 21, 2018</b>
<b>Class 4</b>	<b>Healthy Coping &amp; Physical Activity</b>	<b>6:00 pm – 8:00 pm</b>	<b>February 28, 2018</b>

### Learn More & Register

All participants must schedule an individual pre-assessment with one of our Certified Diabetes Educators before enrolling. Please call us at (512) 901-4055 to inquire about our services or to schedule an appointment.

#### Our Office:

##### ADC North

12221 N. MoPac Expressway  
Austin, Texas 78758  
North Wing, 3<sup>rd</sup> Floor

**Appointments:** 512-901-4055