

Thriving with Diabetes Virtual Group Class



Learn ways to manage diabetes that fit **YOUR** life.

Avance Care's Thriving with Diabetes Virtual Class can help you:

- Set and track your health goals.
- Learn how to use knowledge, skills, and tools to manage your diabetes.
- Practice how to fit diabetes care into all parts of your life.
- Find ways to get support when you need it.

Class Details:

- Led by a Certified Diabetes Care and Education Specialist
- 5 weekly classes and a 3-month follow-up session
- Interactive, virtual class setting using Zoom (Note: Participants are expected to be on camera during class sessions)

Class Dates (5:30 PM – 7:00 PM)

January 16 – February 13 (Tuesday)
March 7 – April 4 (Thursday)
April 23 – May 21 (Tuesday)
May 30 – June 27 (Thursday)* **(10:30AM - 12:00PM)**
September 10 - October 8 (Tuesday)
October 15 - November 12 (Tuesday)

3-month Follow Up on

May 14, 2024
July 11, 2024
August 20, 2024
September 26, 2024
January 14, 2025
February 11, 2025

See class descriptions on the next page.

Ask your health care provider or registered dietitian to refer you to our diabetes program or call 919-237-1337, option- 4, for more information.

Class #1: Diabetes 101 and Introduction to Nutrition

This class will give an overview of diabetes and the steps you can take to manage your diabetes today and for years to come. There will be chances to explore your feelings upon diagnosis, myths, and facts about diabetes, and receive goal setting guidance. We will start talking about the basic nutrition principles for diabetes. Our overview will begin with carbohydrates and fiber.

Class #2: Know Your Numbers and Preventing Diabetes Complications

This class will discuss how to understand the labs and tests used to track blood sugar, blood pressure and cholesterol levels. We will discuss tips for checking your blood sugar, and how food, stress, and physical activity affect your blood sugar readings. This class offers a review of diabetes complications and steps to prevent them. We will also review the role of protein and fats and take a deeper dive into meal planning for diabetes.

Class #3: Managing Your Medications

Have you ever wondered: Can I stop taking diabetes medications? Can I manage diabetes with just diet and lifestyle? You are not alone! There is often fear and resistance surrounding medications when it comes to diabetes. We will discuss diabetes medications, potential side effects, and benefits for your diabetes and lifestyle.

Class #4: Diabetes Distress and Healthy Coping

Is stress causing your high blood sugar or is high blood sugar causing you stress? It could be both! In this class, we will talk about how stress affects your health and diabetes. You will learn to name sources of stress and build the skills to cope with it effectively. This class will also explore the signs of diabetes distress, and how mindset shifts can empower you to manage diabetes. To connect stress to eating habits, we will review tips to combat sugar and carbohydrate cravings.

Class # 5: Being Active and Problem Solving

Time to get moving! Physical activity has huge benefits for lowering blood sugar. However, we know it can be intimidating to start or to even keep a routine once you have it. This class will teach you how to safely engage in exercise with diabetes and explore strategies to incorporate exercise into a busy schedule. This final class session also includes a review of the steps for problem solving.

Costs: Insurance plans may cover this program depending on your benefits. Our Nutrition Coordinators can provide insight into coverage and alert you of any co-pays or fees, if applicable.

Self-Pay Fees: Per class: \$40.00, Per series (includes 3 month follow up): \$240.00