



## DaVita Medical Group Diabetes Management Type 2 Diabetes Educational Series

\*Series of 2 classes. Class size is limited to 8 attendees. RSVP required.

Class Topics	Location	Date / Time
<p style="text-align: center;"><b>Class 1</b></p> <ul style="list-style-type: none"> <li>• Diabetes overview</li> <li>• Eating for blood sugar control</li> <li>• How to monitor blood glucose</li> <li>• Receive monitor / instruction</li> </ul>	<p style="text-align: center;"><b>Journal Center</b> 5150 Journal Center Blvd. NE Albuquerque, NM 87109</p> <p style="text-align: center;">2<sup>nd</sup> Floor Classroom <i>*Located on the North end of the 2<sup>nd</sup> floor.</i></p>	<p style="text-align: center;"><b>4<sup>th</sup> Thursday of each month 9:00 AM – 11:00 AM</b></p> <p>Educator: Connie Coleman, CDE</p>
<p style="text-align: center;"><b>Class 2</b></p> <ul style="list-style-type: none"> <li>• Heart healthy eating</li> <li>• Exercise</li> <li>• Foot care</li> <li>• High or low blood sugars</li> <li>• Risk reduction</li> <li>• Preventing complications</li> <li>• Stress management</li> </ul>	<p style="text-align: center;"><b>Journal Center</b> 5150 Journal Center Blvd. NE Albuquerque, NM 87109</p> <p style="text-align: center;">2<sup>nd</sup> Floor Classroom <i>*Located on the North end of the 2<sup>nd</sup> floor.</i></p>	<p style="text-align: center;"><b>2<sup>nd</sup> Tuesday of each month 3:00 PM – 5:00 PM</b></p> <p>Educator: Connie Coleman, CDE</p>

**Please call (505) 262-3851 to reserve your spot in the classes, or to schedule individual appointments.**

**Check-in for the classes is at the Endocrinology clinic.**

*\*The clinic is located on the far North end of the 2<sup>nd</sup> floor at Journal Center.*

**\*If applicable, your co-pay will be due prior to each class.**

