

FREE

Diabetes Education



The Center for Diabetes Care offers Empower Diabetes, a **FREE DIABETES EDUCATION PROGRAM**, two times each year. This in-depth program provides information on self-management tools such as:

- Meal planning
- Medications
- Glucose monitoring
- Insulin administration
- Exercise
- Foot care

See the back of this flyer for dates and times.



2024 Empower Class Schedule

All classes are free.

May 7	8:30-9:30 a.m.	What is Diabetes?	Teri Huse, RN, CDCES	This session will be held in Hudnall Auditorium.
	9:30-10:30 a.m.	Hypo/Hyper & Sick Day	Donna Walker, RN	
	10:30-11:30 a.m.	Medications/Insulin	Takova D. Wallace-Gay, PharmD, BCACP, and Rachel A. Bratteli, PharmD, BCACP	
	11:30-12:00 p.m.	Monitoring	Donna Walker, RN	
	12-12:30 p.m.	Stress/Coping	Teri Huse, RN, CDCES	
May 14	8:30-9:00 a.m.	Foot Care Video	David A. Andreone, DPM, DABPM	This session will be held in Hudnall Auditorium.
	9:00-10:00 a.m.	Exercise	Audrey Hall, RD, CDCES	
	10:00-11:00 a.m.	Meal Planning	Audrey Hall, RD, CDCES	
	11:00-11:30 a.m.	Goal Setting	Audrey Hall, RD, CDCES	
October 1	8:30-9:30 a.m.	What is Diabetes?	Teri Huse, RN, CDCES	This session will be held in Hudnall Auditorium.
	9:30-10:30 a.m.	Hypo/Hyper & Sick Day	Donna Walker, RN	
	10:30-11:30 a.m.	Medications/Insulin	Takova D. Wallace-Gay, PharmD, BCACP, and Rachel A. Bratteli, PharmD, BCACP	
	11:30-12:00 p.m.	Monitoring	Donna Walker, RN	
	12-12:30 p.m.	Stress/Coping	Teri Huse, RN, CDCES	
October 8	8:30-9:00 a.m.	Foot Care Video	David A. Andreone, DPM, DABPM	This session will be held in Hudnall Auditorium.
	9:00-10:00 a.m.	Exercise	Audrey Hall, RD, CDCES	
	10:00-11:00 a.m.	Meal Planning	Audrey Hall, RD, CDCES	
	11:00-11:30 a.m.	Goal Setting	Audrey Hall, RD, CDCES	

We will be offering additional free diabetes education classes on these dates from 9:00 am to noon in Hudnall Auditorium. These classes will be a brief introduction to diabetes.

- February 20, 2024
- April 16, 2024
- June 18, 2024 *Night class from 5 p.m. to 7 p.m.
- August 20, 2024
- November 12, 2024

To register, scan QR code or call 903-877-8978.

