

Saint Mary's Regional Medical Center
DIABETES WELLNESS PROGRAM

**Outpatient Comprehensive Program
2007**

The *Diabetes Wellness Program* is an educational program designed to provide people with diabetes and their families the knowledge and skills they need for self-management of their disease.

Education is treatment. Therefore, hand in hand with quality education is the opportunity for people with diabetes to achieve long-term optimum health. Our goal is to provide our patients not only with quality education, but the support and encouragement they need to achieve optimum health.

We currently offer an eight-hour comprehensive program that includes the following topics:

Overview of Diabetes	Exercise: The Benefits & Precautions
Hypo & Hyperglycemia: Signs, Symptoms & Treatment	Foot Care
Nutrition & Meal Planning	Skin Care
Medications	Dental Care
Blood Glucose Monitoring	Coping Skills & Stress Management
Acute & Chronic Complications	Diabetes & Cardiovascular Disease

Class is offered in two sessions on Tuesdays and Wednesdays from 8:30 a.m.-12:30 p.m. on the following dates:

January 9 & 10, 2007	February 6 & 7, 2007	March 6 & 7, 2007
January 23 & 24, 2007	February 20 & 21, 2007	March 20 & 21, 2007
April 3 & 4, 2007	May 8 & 9, 2007	June 5 & 6, 2007
April 17 & 18, 2007	May 22 & 23, 2007	June 19 & 20, 2007

Class location: 645 No. Arlington Street

Saint Mary's *Diabetes Wellness Program* is one of five programs in the state of Nevada recognized by the American Diabetes Association as having met the national standards for diabetes patient education.

**For further information or to schedule a class please call:
(775) 770-3600**

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July 10 & 11, 2007	September 4 & 5, 2007	November 6 & 7, 2007
July 24 & 25, 2007	September 18 & 19, 2007	November 20 & 21, 2007
August 7 & 8, 2007	October 9 & 10, 2007	December 4 & 5, 2007
August 21 & 22, 2007	October 23 & 24, 2007	December 18 & 19, 2007

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