

### Calendar of Classes

### August / Agosto 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 1:00—2:00 pm Diabetes Basics: Answers to Your Questions about Diabetes. *Se habla Español	3	4
5	6 1:00—2:00 pm Diabetes Overview: Answers to Your Questions about Diabetes	7 5:30—6:30 pm Healthy Eating Basics <small>HEALTHY LIVING PROGRAM</small>	8 5:30—6:30 pm Diabetes Round Table	9	10	11
12	13 1:00—2:00 pm Diabetes Overview: Answers to Your Questions about Diabetes  5:30—6:30 pm Nutrition w/Johnny: Fad Diets: Keto and Atkins diet	14 5:30—6:30 pm Easy Fitness Basics <small>HEALTHY LIVING PROGRAM</small>	15	16	17	18
19	20 1:00—2:00 pm Diabetes Overview: Answers to Your Questions about Diabetes	21 5:30—6:30 pm Understanding Your Medications <small>HEALTHY LIVING PROGRAM</small>	22	23 4:00—5:00 pm Diabetes and Your Emotions!	24	25 12:00—2:00 pm Cooking Healthy Foods:
26	27 1:00—2:00 pm Diabetes Overview: Answers to Your Questions about Diabetes	28 1:00—2:00 pm ¿Está Considerando Una Bomba de Insulina? (Is an Insulin Pump Right for Me) —En Español & in English	29	30 5:30—6:30 pm Understanding Weight Loss Options <small>HEALTHY LIVING PROGRAM</small>	31	

**Please Sign Up for Free Diabetes and Wellness Workshops!**

**Walk-ins are welcome! However, we strongly recommend you call or email ahead in case of a change of schedule.**

No es necesario hacer cita pero las clases pueden cambiar de horario o pueden ser canceladas, por favor llame al centro o mande un email para confirmar su asistencia.

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Calendar of Classes							September / Septiembre 2018
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
						1	
2	3 1:00—2:00 pm Diabetes Overview: Answers to Your Questions about Diabetes	4 12:00—1:00 pm Pre-diabetes and Early Diabetes. It's Not too Late to Change! 5:30—6:30 pm Healthy Eating Basics <small>HEALTHY LIVING PROGRAM</small>	5	6 1:00—2:00 pm Diabetes Basics: Answers to Your Questions about Diabetes. *Se habla Español	7	8	
9	10 1:00—2:00 pm Diabetes Overview: Answers to Your Questions about Diabetes	11 5:30—6:30 pm Easy Fitness Basics <small>HEALTHY LIVING PROGRAM</small>	12 5:30—6:30 pm Diabetes Education & Discussion Round Table	13	14	15 12:00—2:00 pm Cooking Healthy Foods:	
16	17 1:00—2:00 pm Diabetes Overview: Answers to Your Questions about Diabetes	18 5:30—6:30 pm Understanding Your Medications	19 5:30—6:30 pm Nutrition w/Johnny: Healthy Eating on a budget!	20	21	22	
23	24 1:00—2:00 pm Diabetes Overview: Answers to Your Questions about Diabetes	25 1:00—2:00 pm ¿Está Considerando Una Bomba de Insulina? (Is an Insulin Pump Right for Me) —En Español & in English	26 5:30—6:30 pm Let's Get Moving! Fitness Class	27 4:00—5:00 pm Problem Solving with Diabetes! 5:30—6:30 pm Understanding Weight Loss Options <small>HEALTHY LIVING PROGRAM</small>	28	29	
30							

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### Calendar of Classes

### October / Octubre 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b> 1:00—2:00 pm <b>Diabetes Overview: Answers to Your Questions about Diabetes</b>	<b>2</b> 12:00—1:00 pm <b>Pre-diabetes and Early Diabetes. It's Not too Late to Change!</b>  5:30—6:30 pm <b>Healthy Eating Basics</b> 	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>7</b>	<b>8</b> 1:00—2:00 pm <b>Diabetes Overview: Answers to Your Questions about Diabetes</b>	<b>9</b> 5:30—6:30 pm <b>Easy Fitness Basics</b> 	<b>10</b> 5:30—6:30 pm <b>Diabetes Education &amp; Discussion Round Table</b>	<b>11</b> 1:00—2:00 pm <b>Diabetes Basics: Answers to Your Questions about Diabetes. *Se habla Español</b>	<b>12</b>	<b>13</b>
<b>14</b>	<b>15</b> 1:00—2:00 pm <b>Diabetes Overview: Answers to Your Questions about Diabetes</b>	<b>16</b> 5:30—6:30 pm <b>Understanding Your Medications</b> 	<b>17</b> 5:30—6:30 pm <b>Nutrition w/Johnny: Healthy Eating on a budget!</b>	<b>18</b>	<b>19</b>	<b>20</b> 12:00 –2:00 pm <b>Cooking Healthy Foods:</b>
<b>21</b>	<b>22</b> 1:00—2:00 pm <b>Diabetes Overview: Answers to Your Questions about Diabetes</b>	<b>23</b> 1:00—2:00 pm <b>¿Está Considerando Una Bomba de Insulina? (Is an Insulin Pump Right for Me) —En Español &amp; in English</b>	<b>24</b>	<b>25</b> 4:00—5:00 pm <b>Laughter does good like Medicine!</b>  5:30—6:30 pm <b>Understanding Weight Loss Options</b> 	<b>26</b>	<b>27</b>
<b>28</b>	<b>29</b> 1:00—2:00 pm <b>Diabetes Overview: Answers to Your Questions about Diabetes</b>	<b>30</b>	<b>31</b> 5:30—6:30 pm <b>Let's Get Moving! Fitness Class</b>			

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## Workshop Descriptions / Descripciones de las Sesiones

### Workshops in English

#### **Diabetes Basics: Answers to Your Questions about Diabetes**

This workshop takes place every Monday and is for people who want to better understand their diabetes, their care, medications, etc. **Everyone should attend this workshop!**

#### **Managing Your Diabetes Effectively**

Learn about the 7 self-management behaviors. This workshop is helpful to people with other chronic diseases as well as for people with pre-diabetes. Great information!

#### **Diabetes Round Table**

Participants share tips, concerns, and build support in a comfortable and safe environment.

#### **Weight Loss for Health!**

Keeping your weight under control is critical to preventing or managing diabetes. Learn how to change habits, how to read labels, and how to portion control. We will explore emotional eating and what is the right way to connect exercise to weight loss.

#### **Nutrition Sessions**

We offer a **new** topics every month related to food, cooking, and nutrition for healthy eating. The specific topic will be updated on the calendar each month.

#### **Let's Get Moving! Fitness Class**

Discover fun and easy ways to incorporate physical activity into your everyday life without having to go to the gym.

Be prepared to get moving and wear appropriate clothing and shoes.

### HEALTHY LIVING PROGRAM

The Healthy Living Program is designed to give you an overview of living a healthy lifestyle (with or without diabetes) that is condensed into five basic classes:

#### **1. Diabetes Overview**

⇒ A brief session on the basics of what diabetes is and how to properly manage this disease

#### **2. Healthy Eating Basics**

⇒ Learn about diet myths, fads, mindful eating, and more!

#### **3. Easy Fitness Basics**

⇒ Basic fitness techniques and other tips to be successful in increasing your physical activity!

#### **4. Understanding Weight Loss Options**

⇒ Learn about all the types of weight loss options— from diet pills, to surgery!

#### **5. Understanding Your Medications**

⇒ Need help understanding your medications? Join this session to ask questions about your medications to our expert pharmacists. Note: For Banner patients only, this is an informational session only.

### Diabetes Prevention Program — DPP

The Diabetes Prevention Program is a highly successful, year-long group program for people with Pre-diabetes or at high risk for Pre-diabetes. The DPP helps people **reduce their risk** for developing type 2 diabetes in the future.

Join our expert Lifestyle Coach who will work with a small group of adults. Participants can join if they any one of the following: A1c 5.7-6.4%; Fasting Plasma Glucose 100-125; 2-hr Plasma Glucose 140-199; a prior history of Gestational Diabetes. Not sure? Call us to join the next group!

### Workshops On Saturday

#### **Cooking Healthy Comfort Foods**

Come and join us as we demonstrates how to cook our favorite comfort foods using healthy ingredients. You'll be surprised!

### Talleres en Español | en Ingles

#### **Diabetes 101 - Respuestas a Sus Preguntas**

¿Le acaban de diagnosticar diabetes o tiene algunos años con diabetes? Asista a esta sesión para que un miembro de nuestro personal del programa de diabetes conteste sus preguntas. Obtenga conocimientos básicos sobre la diabetes y aprenda cómo controlarla.

#### **¿Está Considerando Una Bomba de Insulina? ¡Aprenda Más!**

Está interesado en aprender más acerca de la bomba de insulina y cómo funciona, sus semejanzas y diferencias a las inyecciones de insulina? Ya tiene una bomba de insulina, pero quiere aprender como obtener más beneficios? Esta clase es ideal para usted!



Abrams Public Health Building, 3950 S. Country Club Road  
At the SW Corner of E. Ajo Way and Country Club