

Diabetes Education *presents*



BAY REGION

mclaren.org/bayregion

Diabetes Self-Education

Lincoln Center, 820 S. Lincoln St.,
Bay City, Michigan

DIABETES EDUCATION CLASSES - Group and Individual Sessions

Diabetes Self-Care Education series is offered through McLaren-Bay Region. A total of three 3-hour sessions and a follow-up class with certified diabetes education nurses and registered dietitians are offered weekly at various times, including evening hours.

Call Central Scheduling at 989-667-6303 to schedule group Education Classes.

Topics include:

- Diabetes Diagnosis and Progression
- Meal Planning and Carbohydrate Counting
- Goal Setting
- Knowing Your Numbers
- Preventing Complications
- Heart Healthy Eating
- Stress Management

Gestational Diabetes Classes: Call Central Scheduling at 989-667-6303. Class is 1 1/2 to 2 hrs.

Individual Classes: Call Diabetes Education at 989-894-9528 to schedule.

- Adults, children and adolescents
- Insulin Pumps
- Insulin and injectable medication administration
- Glucose Monitors
- Continuous Glucose Sensors
- Individual sessions available if patient has language problems, learning challenges, etc.

McLaren-bay Region's Diabetes Self-Care Education Program is certified by the State of Michigan Department of Community Health and has met the educational standards established by the American Association of Diabetes Educators.

Your Appointment: _____ Time: _____

Check box as indicated below.

- Group Classes: Lincoln Center 820 S. Lincoln St., Bay City (New classes begin each week.)**
Please arrive 30 minutes before first class to complete assessment forms. Please bring a list of your current medications, blood sugar log book, and meter (if you have one). Guests are welcome.
Class Times: 8:30-11:30 a.m.; 12:30-3:30 p.m.; 6:00-9:00 p.m.
- Individual Session: 315 Mulholland St., Bay City**
Please arrive at your scheduled appointment time. Please bring a list of your current medications, Blood sugar log book, and meter (if you have one). Guests are welcome.
- Gestational Classes: 315 Mulholland St. Bay City**
Please arrive at your scheduled appointment time. Guests are welcome.

Bay Regional Medical Center—Area Map

