

Diabetes Education Class Series

Empower yourself with knowledge to prevent diabetes complications. Join us for weekly classes for discussions lead by a Registered Dietitian and Certified Diabetes Educator. Classes will be held at:

Maple Heights Senior Center

15901 Libby Road

Maple Heights, Ohio 44137

Call 216-587-5481 to register. Space is limited



February 10, 2022 10 – 10:45 A.M.

Lifestyle Changes for Diabetes

We'll start our class series with the most popular topic for diabetes self-management: nutrition! We will also learn how to set goals.



February 17, 2022 10 – 10:45 A.M.

Lifestyle Changes part 2

We will talk about next steps for nutrition and discuss the importance of staying active.



February 24, 2022 10 – 10:45 A.M.

Diabetes ABCs

Blood sugar, blood pressure, A1c. What do all these numbers mean?



March 3, 2022 10 – 10:45 A.M.

Preventing Diabetes Complications

How do we prevent diabetes complications and what screenings do we need?



March 10, 2022 10 – 10:45 A.M.

Managing Stress and Staying Positive

We will discuss coping with stress and negative emotions as well as dealing with setbacks.



March 17, 2022 10 – 10:45 A.M.

Class Review

We'll play a review game to celebrate our last class and have a final Q&A.



University Hospitals
Bedford Medical Center

A Campus of UH Regional Hospitals