

# Diabetes 101 Classes at Kaua'i Medical Clinic

**Nicole Sievers, RD, CDE  
& Nancy Visitacion, RN**

(See Class Schedule for dates and time)

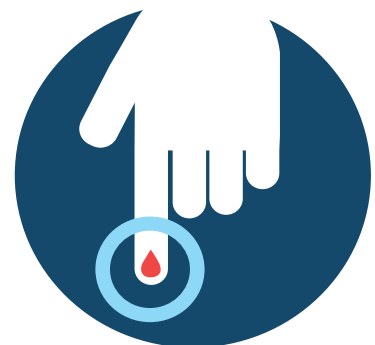
## CLASS 1:

- Understanding the different types of diabetes.
- How diabetes can affect your body.
- Medications and how they can help.
- Checking your blood sugar at home.
- Understanding your test numbers and goals.
- How exercise and weight loss can help.



## CLASS 2:

- How your body uses glucose for energy.
- How different foods affect your blood sugar.
- How many carbs should I be eating?
- Learn about the “Plate Method” and how to read labels.
- Learn better choices to reduce your blood sugar.
- What else helps to reduce blood sugar?





## Part 1 by Nancy Visitacion, RN | Part 2 by Nicole Sievers, RD, CDE

**Check-in:** Health Management Program, 2nd floor;  
Please arrive 15 minutes before class starts

**Location:** Kaua'i Medical Clinic, Lihu'e

**Time:** Thursdays 5 -7 p.m. **Check in begins at 4:45 p.m.**

**Advance Registration required:** Call 246-1380

DATES	CLASSES
1/17/19	DM 101 Part 1
1/24/19	DM 101 Part 2
2/21/19	DM 101 Part 1
2/28/19	DM 101 Part 2
3/21/19	DM 101 Part 1
3/28/19	DM 101 Part 2
4/18/19	DM 101 Part 1
4/25/19	DM 101 Part 2
5/16/19	DM 101 Part 1
5/23/19	DM 101 Part 2
6/20/19	DM 101 Part 1
6/27/19	DM 101 Part 2
7/11/19	DM 101 Part 1
7/18/19	DM 101 Part 2
8/8/19	DM 101 Part 1
8/15/19	DM 101 Part 2
9/12/19	DM 101 Part 1
9/19/19	DM 101 Part 2
10/10/19	DM 101 Part 1
10/17/19	DM 101 Part 2
11/7/19	DM 101 Part 1
11/14/19	DM 101 Part 2
12/12/19	DM 101 Part 1
12/19/19	DM 101 Part 2