

Learn to Live The Sweet Life!

DIABETES 101 CLASSES AT KAUAI MEDICAL CLINIC

Nicole Sievers, RD & Nancy Visitacion RN
(See Class Schedule for dates and time)

Class 1:

- **Understand the different types of diabetes**
- **How diabetes can affect your body**
- **Medications and how they can help**
- **Checking your blood sugar at home**
- **Understand 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 & read labels**
- **Learn better choices to reduce your sugar**
- **What else helps to reduce blood sugar?**

