

# Diabetes

## EDUCATION RESOURCES

An American Diabetes Association-recognized program

### Outpatient Group Classes

*Requires a Physician referral  
and is covered by most insurance plans*

Ten total hours with a Registered Nurse  
and a Registered Dietitian, both are  
Certified Diabetes Care & Education  
Specialist (CDCES)

Includes 1:1 session with meal plan

**Tuesdays • 4-6:30 pm**  
**Saturdays • 9-11:30 am**

### 1:1 Sessions

*Physician referred and by appointment*

**Gestational Diabetes**  
**Intensive Insulin Therapy**  
**Advanced Pump Training**  
**Nutrition Counseling**

*Prediabetes, Type 1, Type 2 and  
Gestational Diabetes*

Patients must call (520) 324-2075  
for an appointment

**Physicians referrals must be  
faxed to (520) 324-6162**

### Have you been diagnosed with pre-diabetes?

This year long Diabetes Prevention Program  
uses a Center for Disease Control mode proven  
to help you delay or avoid diabetes onset under  
the guidance of certified lifestyle coaches.

Call for more information 520-324-3526

**FREE**

### Journey for Control

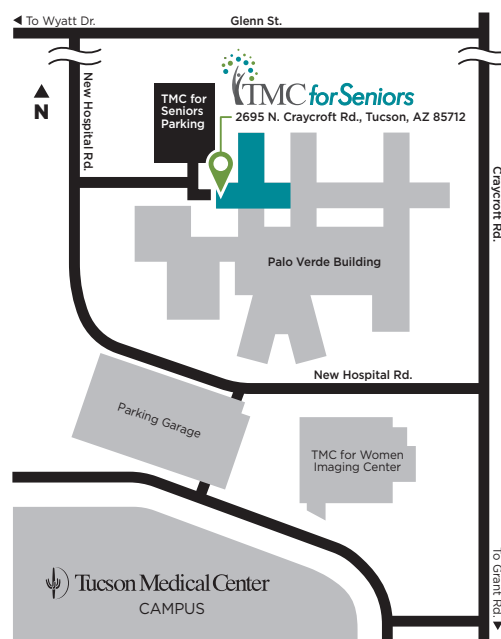
*For those diagnosed with pre-diabetes  
or no insurance coverage for diabetes only*

**Wednesdays | 1:30-3:30 pm**

A workshop series of four classes held bi-monthly

*Facilitated by a Certified Diabetes Care  
& Education Specialist (CDCES)*

To register please call (520) 324-1960



For more information please contact:

**Nancy Klug, RN, CDCES, CPT**  
**(520) 324-3526**