

Diabetes Educational Series

Each class size is limited to 15 attendees. RSVP required.

Class Topics	Location	Date / Time
<p>Newly Diagnosed Class 1</p> <ul style="list-style-type: none"> • Diabetes overview • Eating for blood sugar control • How to monitor blood sugar at home • Receive monitor / usage instruction 	<p style="text-align: center;">Journal Center 5150 Journal Center Blvd. NE Albuquerque, NM 87109</p> <p style="text-align: center;">2nd Floor Classroom <i>*Located on the North end of the 2nd floor.</i></p>	<p style="text-align: center;">2nd Tuesday of each month 9:00 AM – 11:00 AM</p> <p>Educator: Connie Coleman, CDE</p>
<p>Newly Diagnosed Class 2</p> <ul style="list-style-type: none"> • Heart healthy eating • Exercise • Risk reduction • Preventing complications • Stress management 	<p style="text-align: center;">Journal Center 5150 Journal Center Blvd. NE Albuquerque, NM 87109</p> <p style="text-align: center;">2nd Floor Classroom <i>*Located on the North end of the 2nd floor.</i></p>	<p style="text-align: center;">4th Thursday of each month 9:00 AM – 10:30 AM</p> <p>Educator: Connie Coleman, CDE</p>
<p>Diabetes Management Refresher Class</p> <ul style="list-style-type: none"> • Heart healthy eating • Exercise • Medications • Preventing complications • Stress management 	<p style="text-align: center;">Journal Center 5150 Journal Center Blvd. NE Albuquerque, NM 87109</p> <p style="text-align: center;">2nd Floor Classroom <i>*Located on the North end of the 2nd floor.</i></p>	<p style="text-align: center;">1st Monday of each month 9:00 AM – 11:00 AM</p> <p>Educator: Connie Coleman, CDE</p>
<p>Pre-Diabetes Education Class</p> <ul style="list-style-type: none"> • What is pre-diabetes? • Progression prevention 	<p style="text-align: center;">Journal Center 5150 Journal Center Blvd. NE Albuquerque, NM 87109</p> <p style="text-align: center;">2nd Floor Classroom <i>*Located on the North end of the 2nd floor.</i></p>	<p style="text-align: center;">3rd Wednesday of each month 9:00 AM – 10:30 AM</p> <p>Educator: Connie Coleman, CDE</p>

Please call (505) 262-7455 or 1-800-877-7526 (ext. 27455) to reserve your spot in the classes.

Check-in for the classes is at the Endocrinology clinic.

**The Endocrinology clinic is located on the 2nd floor at the Journal Center.*

***If applicable, your co-pay will be due prior to each class.**