



DaVita Medical Group  
Diabetes Self-Management Department  
**Type 2 Diabetes Class Series**



Series of Three Classes	Location	Day/Time
<p style="text-align: center;"><b>Class 1</b></p> <p><b>Topics:</b> <u>Diabetes Overview</u></p> <p>Eating for blood sugar control</p> <p>Learn how to monitor blood sugar and receive a monitor</p>	<p style="text-align: center;"><b>Sunport Clinic</b> 2901 Transport St. SE (1<sup>st</sup> Floor-Second Check in Station)</p> <hr/> <p style="text-align: center;"><b>Journal Center</b> 5150 Journal Center Blvd. NE (3<sup>rd</sup> floor mid-building)</p> <hr/> <p style="text-align: center;"><b>Carlisle Clinic</b> 3901 Carlisle Blvd. NE</p> <hr/> <p style="text-align: center;"><b>Montgomery Clinic</b> 9101 Montgomery NE</p>	<p style="text-align: center;"><b>4<sup>th</sup> Wednesdays</b> 9-11 am</p> <hr/> <p style="text-align: center;"><b>2<sup>nd</sup> and 4<sup>th</sup> Tuesdays</b> 3:30-5:30 pm</p> <hr/> <p style="text-align: center;"><b>1<sup>st</sup> Friday</b> 9-11 am</p> <hr/> <p style="text-align: center;"><b>3<sup>rd</sup> Wednesdays</b> 9-11 am</p>
<p style="text-align: center;"><b>Class 2</b></p> <p><b>Topics:</b> <u>Heart Healthy Eating</u></p> <p>Exercise</p> <p>Foot care</p> <p>High or low blood sugars</p>	<p style="text-align: center;"><b>Sunport Clinic</b></p> <hr/> <p style="text-align: center;"><b>Journal Center</b></p>	<p style="text-align: center;"><b>3<sup>rd</sup> Wednesdays</b> 2-3:30 pm</p> <hr/> <p style="text-align: center;"><b>1<sup>st</sup> Mondays</b> 4-5:30 pm</p>
<p style="text-align: center;"><b>Class 3</b></p> <p><b>Topics:</b> <u>Risk Reduction</u></p> <p>Preventing complications</p> <p>Stress management</p>	<p style="text-align: center;"><b>Sunport Clinic</b></p> <hr/> <p style="text-align: center;"><b>Journal Center</b></p>	<p style="text-align: center;"><b>3<sup>rd</sup> Wednesdays</b> 2:00-3:30 pm</p> <hr/> <p style="text-align: center;"><b>3<sup>rd</sup> Mondays</b> 4-5:30 pm</p>

\*\*\*\*Please call 505-262-7455 or 1-800-877-7526 ext. 27455 to sign up for classes and/or individual appointments!