



ABQ Health Partners Diabetes Self-Management

New Class Offerings

Real Food 4 Real People	Location	Day/Time
Meal planning Substitutions Calories Portions Labels Eating out Recipes	Gibson Medical Center 5400 Gibson Blvd SE	3 rd Wednesday 2-3:30 p.m. Every other Month
Medication: Facts and Myths	Location	Day/Time
<u>Meds for Type 2 diabetes</u> Oral medications Injectables (not insulin) Insulin Myths about medication for diabetes Review of hypo and hyperglycemia and treatment What to ask your PCP about your medications Review of how to manage diabetes	Gibson Medical Center 5400 Gibson Blvd. SE	2 nd Wednesday 9:30-11 a.m. Every other Month

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