



Type 2 Diabetes Educational Series

* Class size is limited to 18 attendees. RSVP required.

Class Topics	Location	Date / Time
<p>Class 1</p> <ul style="list-style-type: none"> • Diabetes overview • Eating for blood sugar control • How to monitor blood glucose • Receive monitor / usage instruction • 	<p>Journal Center 5150 Journal Center Blvd. NE Albuquerque, NM 87109</p> <p>2nd Floor Classroom <i>*Located on the North end of the 2nd floor.</i></p>	<p>2nd Tuesday of each month 9:00 AM – 11:00 AM</p> <p>Educator: Connie Coleman, CDE</p>
<p>Class 2</p> <ul style="list-style-type: none"> • Heart healthy eating • Exercise • Foot care • High or low blood sugars • Risk reduction • Preventing complications • Stress management • Diet 	<p>Journal Center 5150 Journal Center Blvd. NE Albuquerque, NM 87109</p> <p>2nd Floor Classroom <i>*Located on the North end of the 2nd floor.</i></p>	<p>4th Thursday of each month 9:00 AM – 11:00 AM</p> <p>Educator: Connie Coleman, CDE</p>

Please call 505-262-7455 to reserve your spot in the classes, or to schedule individual appointments.

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.**