

Diabetes Self Management Classes

and

Individual Diabetes Education



Topics covered include:

Diabetes disease process

Glucose monitoring

Nutritional management

Physical activity

Medications including
Pump Therapy and Insulin
pens

Prevention, detection and
treatment of acute and
chronic complications

Goal setting and
problem solving

Psychological adjustment
to Diabetes

- ▶ Certified diabetes educators - nurses and nutritionists
- ▶ Each group class includes 10 hours of diabetes education taught over 5 sessions
- ▶ We offer education in individual counseling sessions as well
- ▶ Spouses and family members are welcome at no additional charge

Recognized by
the American
Diabetes
Association

WE PARTICIPATE WITH INSURANCE PLANS

For information regarding diabetes group classes or individual diabetes counseling and education, please call 973.322.7007 or visit www.barnabashealth.org/acc.

Services are provided at

**Barnabas Health Ambulatory Care Center,
200 South Orange Avenue, Livingston, NJ 07039**

**Barnabas Health
Ambulatory Care Center**

**RWJ Barnabas
HEALTH**