

Virtual & In-Person Classes Available

# DIABETES SELF-MANAGEMENT EDUCATION

## For Adults Living with Type 1 or Type 2 Diabetes

Holy Cross Health offers the Diabetes Self-Management Education Program to help people with diabetes attain the knowledge, skills and support they need to partner with their physician and successfully “self-manage” their condition on a day-to-day basis. The program is taught by a registered nurse and follows the American Diabetes Association standards for excellence.

Group class topics include:

- Healthy eating
- Blood glucose monitoring
- Problem solving
- Understanding medications
- Reducing risks for complications
- Physical activity
- Coping skills and support

In addition, participants are encouraged to develop a personalized plan of eating with the assistance of a registered dietitian.

### 2022 SCHEDULE

| Dates  | Time          | Location |
|--|---------------|----------|
| February 1, 8, 15, & 22  | 12:00-2:30 pm | *Hybrid  |
| March 8, 15, 22, & 29  | 5:30-8:00 pm  | *Hybrid  |
| April 12, 19, 26, & May 3  | 12:00-2:30 pm | *Hybrid  |
| May 24, 31, June 7 & 14  | 5:30-8:00 pm  | *Hybrid  |
| July 12, 19, 26 & August 2   | 12:00-2:30 pm | *Hybrid  |
| August 23, 30, September 6, & 13   | 5:30-8:00 pm  | *Hybrid  |
| September 27, October 4, 11, & 18  | 12:00-2:30 pm | *Hybrid  |
| November 1, 8, 15, & 22  | 5:30-8:00 pm  | *Hybrid  |
| *Hybrid classes available with option to join in-person or virtual. In-person location: Holy Cross Resource Center (9805 Dameron Drive, Silver Spring, MD 20902) |               |          |



A physician prescription with diabetes diagnosis is required to participate. The program is covered by Medicare and most commercial insurance plans. **For more information or to register, call 301-557-1231 or visit [HolyCrossHealth.org/diabetes-education](https://www.holycrosshealth.org/diabetes-education).**

*The American Diabetes Association recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.*