



## DIABETES MANAGEMENT CLASS INFORMATION

<b>DIABETES MANAGEMENT</b>	
<p>_____ month class commitment:</p> <p>Weekly classes - <b>TBD</b></p> <p>Bi-weekly classes - <b>TBD</b></p> <p>Monthly classes – <b>TBD</b></p> <p><b>Curriculum is being developed for this class and will be available on or before April 14<sup>th</sup>, meeting.</b></p>	<p>You may be placed on a wait list if class fills up prior to your enrollment reaching us.</p>
<p>Requirements:</p> <p>At least 18 years of age</p> <p>Have diagnosis of being type 1 or 2 diabetic</p> <p>Have a blood test result as being diabetic</p> <p>Hemoglobin A1C higher than 6.5%</p> <p>Fasting plasma glucose higher than 126mg/dL</p>	<p>7 Diabetes Self-Management Behaviors</p> <p>~Healthy Coping</p> <p>~Healthy Eating</p> <p>~Being Active</p> <p>~Taking Medications</p> <p>~Monitoring</p> <p>~Reducing Risk</p> <p>~Problem Solving</p>
<p>Health Fair every 6 months will include:</p> <p>Point of Care A1C</p> <p>Retinal Scan</p> <p>InBody Body Composition</p> <p>Blood Pressure</p> <p>Foot Exam</p>	<p>Class Structure:</p> <p>Facilitator Led</p> <p>Discussion – (See Self-Management Behaviors)</p> <p>Additional management information</p> <p>Break-out sessions for discussions</p> <p>Possible private Facebook group for support</p>
<p>Cost:</p> <p>\$25 - \$5 deposit to hold space in class</p> <p>\$2 per class, paid throughout class term</p>	<p>Class Material:</p> <p>All class material will be provided</p>
<p>Location: The Impact Center</p> <p>3420 E. Paulding Road</p> <p>Fort Wayne, IN</p>	<p>Class day &amp; time:</p> <p>To be determined</p>
<p>Sunday, April 14, 2024, 12:45pm, Impact Center</p> <p>Information/Instruction meeting for all class participants</p>	<p>For additional information please email your questions to: <a href="mailto:info@covenantimpact.org">info@covenantimpact.org</a></p> <p>Responses will be returned within 24-48 hours</p>