

# DIABETES SELF-MANAGEMENT EDUCATION & SUPPORT CLASSES

with AM NUTRITION SERVICES

TUESDAYS, WEDNESDAYS, or THURSDAYS 5:30pm-7:00pm

## CLASS 1

Also known as **Introduction to Diabetes**, this is where we go over topics from understanding the basics of diabetes to goal setting.

- Introduction
- Pre-Diabetes
- Diabetes
- Lab Results
- Monitoring Blood Sugar
- Hypo and Hyperglycemia
- Food Logging
- SMART Goals

## CLASS 2

Also known as **Basics of Nutrition**, this is where we go over topics from meal timing to meal planning.

- Macronutrients
- Grocery Shopping
- Meal prepping
- Meal Planning
- Meal Timing
- Holiday Planning

## CLASS 3

Also known as a **Deep Dive Into Nutrition**, this is where we learn the components of the Nutrition label

- Carb Counting
- Nutrition Label
- Meal Ideas
- Fiber
- Fats
- Sodium
- Added Sugars

## CLASS 4

Also known as **Self-Management Skills**, this is where we go over mental health, sleep and stress management.

- Eating Out
- Movement
- Alcohol & Smoking
- Mindful Eating
- Mental Health
- Sleep

## CLASS 5

Also known as **Understanding Medications**, this is where we go over medications and diabetes changes.

- Medications
- Hypoglycemia protocol
- Type 2 Diabetes Changes

## CLASS 6

Also known as **Reducing Risks & Complications**, this is where we go over risky substances and complications.

- ABC's of Diabetes
- Sick Day Management
- Complications

## ONE POST-CLASS SESSION WITH DIABETES SPECIALIST

This is when we take the time to wrap up, reinforce skills, discuss most recent A1C, and optimize treatment targets to ensure long-term, effective diabetes self-management. You'll then continue sessions with your AMNS Dietitian!

### QUESTIONS?

You can reach us at:

Email: [outreach@amnutionservices.com](mailto:outreach@amnutionservices.com)

Phone: 480-284-8419

