

### **DIABETES SELF-MANAGEMENT EDUCATION (313)**

Fridays, 12:00 – 1:30, in Room LEC I (7 Classes, 10/7 – 11/18)	<b>FREE CLASS</b>	Limited to 6
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Seven 90-minute sessions covering a comprehensive range of topics relating to diabetes: complications, nutrition, carb counting, physical activity, monitoring, medications, and coping.

**Please note participants must have a diagnosis of Type 1 or Type 2 Diabetes (not pre-diabetes) to attend. Spouses or other support persons are welcome and will not be included in the total student count. Class registration will be done in the Center 4Life office.**

**Deanna Doran, RDN, LD/N** is a registered and licensed Dietitian/Nutritionist employed by the Florida Department of Health. She has spent the last 16 years focusing on weight management and diabetes education.