



Topics Covered

MAY 3: Living Life
with Diabetes

MAY 10:
Understanding my
Diabetes
Medications

MAY 17: Diabetic
Food Choices and
Physical Exercise

MAY 24: Self-
Monitoring my
Diabetes

MAY 31: Rumors

SHALOM FREE CLINIC PRESENTS

FREE

Diabetes Education

Starting May 2018, every Thursday evening from 6:00-7:30pm the Shalom Free Clinic is hosting FREE education sessions covering a variety of topics related to diabetes. Bring your family and friends to celebrate our Diabetic Education Month. This is a free event for our Chico community, and we welcome you to come ask questions. We look forward to seeing you!



**SHALOM FREE
CLINIC**

1010 Mangrove Ave.
Chico, California 95926
(530) 342-2445

shalomfreeclinic.org

General Health Care:
Sun. : 1:00 to 4:00pm

Alternative Health Care:
Wed.: 5:00 to 7:00pm

1. Fiber
2. Diseases associated with diabetes
 - a. Pancreatitis
 - b. HTN
 - c. CVD
 - d. Hyperlipidemia
 - e. Kidney Ds.
3. Conventional Treatment

Every Day:

PURPOSE, Goals, Objectives, Agenda

4. May 3: What is diabetes and how does this affect my life?

- a. Type 1 and Type 2, gestational diabetes → Needs assessment at beginning
 - i. Insulin resistance vs. insulin dependent
 - ii. Symptoms and Causes
- b. Things to check:
 - i. Feet, Eyes
 - ii. Glucose → Keep count
 - iii. Fiber → 30 grams per day
 - iv. See a Registered Dietitian
 - v. Medications
 - vi. Dietary Intervention
 - vii. Wt. Management
 - viii. ABC'S
 1. HbgA1c
 2. Blood Pressure
 3. Cholesterol
 4. Smoking STOP
- c. Finding Support in Family and friends
- d. Diseases associated with Diabetes: Taking Care of Yourself!

5. May 10: Diabetic Food Choices and Physical Exercise

- a. Understanding Portions
- b. My Plate
- c. Nutrient Label
- d. Dietary Recommendations
 - i. Carb Counting, complex carbs
 1. Washing pasta, and rice
 2. Processed foods
 - ii. Fiber
 - iii. Vegetables
 - iv. Protein
 - v. Fruit
 - vi. Fats → Healthy vs. Unhealthy
 1. Nuts and seeds

- e. Meal Planning
 - i. Small frequent meals
- f. Physical Exercise
 - i. Hypoglycemia
 - ii. Wt. loss
 - iii. Reduce obesity
 - iv. Recommendations
- g. Resources (Handout)

6. May 17: Understanding my Diabetes Medications

- a. Open Q and A
- b. Types of Medications with
- c. Diet Plays a role
- d. Exercise plays roles
- e. Weight Management/ Loss

7. May 24: Self-Monitoring my Diabetes

- a. Weight Loss
- b. Hypoglycemia/Hyperglycemia
- c. ABC'S, LABS
- d. How to take Blood Glucose
- e. Eating Out Choices
- f. Diseases associated with Diabetes: taking care of yourself.

8. May 31: Kitchen DEMO

- a.