

CLASS LOCATION

**WASHINGTON COUNTY
HOSPITAL AND CLINICS
400 E. POLK ST.
WASHINGTON, IA 52353**



Our Mission.....

*to be the central resource for
improving health and promoting
wellness of all our communities.*

Our Vision.....

*To provide quality healthcare that
puts people first.*

WCHC WASHINGTON
COUNTY HOSPITAL
AND CLINICS
400 East Polk St.
Washington, IA 52353
www.wchc.org

WASHINGTON COUNTY HOSPITAL PRESENTS: DIABETES 101



WASHINGTON COUNTY HOSPITAL AND CLINICS DIABETES 101

If you or a family member is living with diabetes, you are sure to have many questions and concerns. You may be wondering what lifestyle changes will be needed.

You may also be worried about future complications of this disease. Washington County Hospital is prepared to help provide the support you need with personalized education and up-to-date resources.

The Washington County Hospital and Clinics Diabetes 101 program has been recognized and certified by the State of Iowa.



CLASS TOPICS

- What is Diabetes?
- Self-management and Blood Sugar Monitoring
- Complications of Diabetes and Their Prevention
- Diabetes Emergencies
- Basics of Healthy Eating for Diabetes
- Carbohydrate Counting-Getting Started
- Counted Carbohydrates-Moving on
- Importance of Exercise
- Diabetes Medication
- Skin. Foot, Dental Care
- Learning to Live with Diabetes and Goal Setting
- Stress Management

INSTRUCTORS

CLASSES ARE TAUGHT BY:

Anne Sposato, MS, RD, LD, CCC
Barbara Cutkomp, LMSW
Katie Pidgeon, PHARMD
Christy Watts, RN

DATES AND TIMES

A six week Seminar for Persons with Diabetes and Their Families.

Classes are offered Thursday evenings, beginning in April and October, from 6:30-8:30 pm., and are held at the Washington County Hospital and Clinics.

Seating is limited. Please register ahead by calling Anne Sposato at (319) 863-3937.

Cost: \$50.00 per family.

