

# DIABETES

Health and Wellness Classes

Sunset Medical Practice Group

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## Diabetes disease overview and treatment

- Living well with diabetes:
  - What is a carbohydrate?
  - Can I still have sweets?
  - Portion size matters
  - Healthy snacks
  - Exercise-how much?
- Preventing complications:
  - Eye exams
  - Foot exams
  - Screening lab tests

2 classes per session

1<sup>st</sup> and 3<sup>rd</sup> Wednesdays starting June 3, 2009

Afternoon and Evening options

***\*Class size limited-call today to reserve 503-626-0939***

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