

2010 January – February – March Diabetes Self-Management Education Classes

1. Check with your insurance to verify coverage and co-pay charges for attending a class.
2. Make sure you see a HealthPartners Registered Dietitian and/or Diabetes Nurse Specialist at least once prior to attending.
3. Plan to sign up for the 2-session or the 3-session series. Either series you choose, you will be provided with eight hours of education.
4. It is recommended that you attend all of the classes in a series at the same location; however, you do have the flexibility of scheduling at other locations as long as you attend an entire series.
5. Call **952-967-7616** to register. You are welcome to bring a guest at no charge.

Topics covered during the class series:

- *Healthy Eating*
- *Keeping Active*
- *Monitoring*
- *Taking Medications*
- *Problem Solving*
- *Reducing Risks*
- *Healthy Coping*
- *Individual Concerns*

	Clinic	Session Format	Date and Time
South Metro	Apple Valley	3-Session Series	Part 1: January 14, Thursday 5:30 p.m. – 8 p.m. Part 2: January 21, Thursday 5:30 p.m. – 8:30 p.m. Part 3: January 28, Thursday 5:30 p.m. – 8 p.m.
	Bloomington	2-Session Series	Part 1: February 5, Friday 8:30 a.m. – 12:30 p.m. Part 2: February 11, Thursday 8:30 a.m. – 12:30 p.m.
	Inver Grove Heights	3-Session Series	Part 1: March 9, Tuesday 1 p.m. – 3:30 p.m. Part 2: March 17, Wednesday 1 p.m. – 4 p.m. Part 3: March 23, Tuesday 1 p.m. – 3:30 p.m.
West, NW Metro	Brooklyn Center	3-Session Series	Part 1: February 17, Wednesday 1 p.m. – 3:30 p.m. Part 2: February 24, Wednesday 1 p.m. – 4 p.m. Part 3: March 3, Wednesday 1 p.m. – 3:30 p.m.
	West	2-Session Series	Part 1: March 10, Wednesday 12:30 p.m. – 4:30 p.m. Part 2: March 18, Thursday 12:30 p.m. – 4:30 p.m.

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	Clinic	Session Format	Date and Time	
East, Northeast Metro	White Bear Lake	2-Session Series	Part 1: January 11, Monday Part 2: January 19, Tuesday	12:30 p.m. – 4:30 p.m. 12:30 p.m. – 4:30 p.m.
	Woodbury	2-Session Series	Part 1: January 22, Friday Part 2: January 26, Tuesday	8:30 a.m. – 12:30 p.m. 8:30 a.m. – 12:30 p.m.
	North Suburban Roseville	3-Session Series	Part 1: January 27, Wednesday Part 2: February 3, Wednesday Part 3: February 10, Wednesday	9 a.m. – 11:30 a.m. 9 a.m. – 12 p.m. 9 a.m. – 11:30 a.m.
	Arden Hills	3-Session Series	Part 1: February 23, Tuesday Part 2: March 4, Thursday Part 3: March 9, Tuesday	5:30 p.m. – 8 p.m. 5:30 p.m. – 8:30 p.m. 5:30 p.m. – 8 p.m.
	Maplewood	2-Session Series	Part 1: March 18, Thursday Part 2: March 26, Friday	8:30 a.m. – 12:30 p.m. 8:30 a.m. – 12:30 p.m.
East Central Metro	Riverside	3-Session Series	Part 1: January 12, Tuesday Part 2: January 20, Wednesday Part 3: January 26, Tuesday	5:30 p.m. – 8 p.m. 5:30 p.m. – 8:30 p.m. 5:30 p.m. – 8 p.m.
	Saint Paul	3-Session Series	Part 1: February 2, Tuesday Part 2: February 8, Monday Part 3: February 16, Tuesday	5:30 p.m. – 8 p.m. 5:30 p.m. – 8:30 p.m. 5:30 p.m. – 8 p.m.
	Como (check in 3 rd floor)	2-Session Series	Part 1: February 16, Tuesday Part 2: February 23, Tuesday	12:30 p.m. – 4:30 p.m. 12:30 p.m. – 4:30 p.m.
	Specialty Center (check in 3 rd flr, Endocrinology)	2-Session Series	Part 1: March 3, Wednesday Part 2: March 10, Wednesday	8:30 a.m. – 12:30 p.m. 8:30 a.m. – 12:30 p.m.
RiverWay Clinics	RiverWay Andover	3-Session Series	Part 1: January 5, Tuesday Part 2: January 14, Thursday Part 3: January 19, Tuesday	5 p.m. – 7:30 p.m. 5 p.m. – 8 p.m. 5 p.m. – 7:30 p.m.
	RiverWay Elk River	3-Session Series	Part 1: February 3, Wednesday Part 2: February 9, Tuesday Part 3: February 17, Wednesday	1 p.m. – 3:30 p.m. 1 p.m. – 4 p.m. 1 p.m. – 3:30 p.m.
	RiverWay Anoka	3-Session Series	Part 1: February 15, Monday Part 2: February 24, Wednesday Part 3: March 1, Monday	9 a.m. – 11:30 a.m. 9 a.m. – 12 p.m. 9 p.m. – 11:30 a.m.
		3-Session Series	Part 1: March 15, Monday Part 2: March 24, Wednesday Part 3: March 29, Monday	9 a.m. – 11:30 a.m. 9 a.m. – 12 p.m. 9 a.m. – 11:30 a.m.

Diabetes Education
Accreditation Program



*The American Diabetes Association Recognizes this education service as meeting the National Standards for Diabetes Self-Management Education.

The HealthPartners Diabetes Self-Management Education Program has been Recognized by the American Diabetes Association for Quality Self-Management Education* and by the American Association of Diabetes Educators.